

dōTERRA

# LIVING

EUROPE 4TH EDITION

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**dōTERRA PRODUCT GUIDE** (see pages 38-55)





doterra™  
**PEPPERMINT  
BEADLETS**

Experience a  
Refreshing  
**BURST**



# ask Dr. Hill



**DR. DAVID K. HILL, DC**  
Executive Vice President, Chief  
Medical Officer/Chairman, Scientific  
Advisory Committee

**Q:**

**Does temperature  
affect my oils?**

**A:**

Once opened, excessive or increasing heat is known to intensify the reaction rate leading to oxidation and polymerisation of essential oils. Oxidation alters the chemical make-up of essential oils, converting the chemical constituents into different substances, changing the aroma, diminishing the beneficial properties, and possibly even increasing the risk for sensitivities. Essential oils are all chemically unique, so the oxidation process begins at different temperatures, occurs at varying rates, and affects each oil distinctly, but never are the effects positive. Cold temperatures, on the other hand, generally do not induce chemical changes in the oil, even at freezing temperatures. Properly storing essential oils can prolong their useful life. For best results, I recommend that all essential oils be kept away from direct sources of heat and under 25 degrees Celsius.



**What resources  
are available for  
me to learn how I  
can expand my use  
of essential oils for  
self-care?**

There are two distinct components to expanding your functional knowledge of essential oils: research and experience. We are all distinct in how we react to exogenous input. Despite the science, you may have better (or worse, or simply different) experiences with specific oils than others. So use them and develop your own model of daily use based upon your experiences. At dōTERRA, we are proud to be the science leaders in the essential oil industry and we've created some amazing educational and usage tools, such as the Oil Chemistry Wheel. Soon we will be releasing a major expansion of the wheel, which will be the ultimate essential oil user's guide. Keep checking the dōTERRA Science Blog ([doterra.com/US/en/blog-science](http://doterra.com/US/en/blog-science)) for further information.

**What is the  
process of creating  
an essential oil  
blend?**

The process of bringing an essential oil blend from an idea to market is a long and complex one. The backbone of dōTERRA essential oil blends is chemistry and the synergism of the chemical constituents that provide the wonderful benefits. Blends are first imagined based on meeting a precise chemical profile to address a specific concern. Since dōTERRA only works with whole oils and does not isolate chemical constituents, that initial profile is met by selecting individual oils and then deciding on the overall composition. Then tests can be conducted to ensure that the chemical constituents and their proportions are not altered by the blending process. Once the desired chemical composition has been established, other considerations such as scent can be addressed through further revision. Only after several stages of testing and revision, making sure that it meets CPTG standards, does a blend idea become a dōTERRA essential oil.





# Rose

**Aromatic Description:** Floral, dry sweet

**Distillation Method:** Steam

**Sourcing Origin:** Bulgaria

**Plant Part:** Flower

Rose oil, one of the most precious essential oils in the world, has one of the most labour-intensive production processes and yields very little oil per petal. Because of this, Rose oil commands a high price. dōTERRA Rose Touch combines Fractionated Coconut Oil with Rose essential oil. This provides the user with myriad applications and usage options that are both affordable and convenient.

### *How to use:*

- ◆ Apply to neck and wrists for a beautiful and romantic personal fragrance.
- ◆ Apply to pulse points to uplift mood throughout the day.
- ◆ Use on skin to aid in balancing moisture levels and reduce the appearance of skin imperfections.

*Fun Fact:* It takes approximately 252,000 individual petals (or 8,000 rose flowers) to produce one 5ml bottle of rose oil. 5ml is the equivalent to 19 kg of rose petals.





# Health & Happiness

*Adam and Rosie met in Australia in 2010, where they began working together. They now live in Ireland and have two wonderful children, Paddy and recent addition, Saoirse. Adam and Rosie are one of the first couples to achieve Presidential Diamond in Europe and we were delighted to learn more about their journey.*

**OUR STORY:** We had travelled to Utah to attend a development course for a business we both worked for. The wife of the trainer was promoting dōTERRA essential oils and recommended them to our group. We started to use the oils and before our trip ended, we were fortunate to attend a class. We were both blown away and decided to enrol there and then with a Diamond Kit! We decided to send a series of essential oils to Rosie's mum in Ireland, and when we saw how the oils worked for her we became more open and encouraged to recommend the oils to others. By personally owning a Diamond Kit, there were no barriers, which created a possibility for my friends and loved ones to experience dōTERRA products for themselves.





By the time we had children, our time with dōTERRA allowed us to use products based on our own experiences and intuition. We now have our own life reference points and because of that, this helps to be more relatable. We feel it can often be much easier to help parents, when you are a parent.

dōTERRA has really provided the full spectrum of products throughout key stages and milestones in our lives. For our kids, we have really been fortunate to have peace of mind about using safe products only ever seeing positive effects. As a parent you want to know what's pure...but you also want to know what's safe as well. That's where the quality and the reassurance kicks in, with dōTERRA and CPTG, we have that.

More importantly for me as a father, often it's assumed that the majority of nurture and care for the wellness of your children comes from the mother. The connection and bonds you build with your children are often during the healing process... dōTERRA empowers both fathers and mothers to be part of that process.

## Our Favourite Essential Oil Uses

1. I use **Arborvitae** regularly in the diffuser or even the lightest drop on the back of my neck because it's a really strong, 'forest-like' scented oil. It has wood-like positive attributes. It's incredible!
2. I use **DeepBlue Touch** whenever I'm driving or when sitting in unnatural positions on an airplane. I always apply it to the back of my neck and shoulders.
3. I was massaging **DeepBlue** and **Frankincense** into Rosie's lower back during her contractions as she was delivering Saoirse. Rosie told me afterwards how much the oils helped her.
4. We use **Lifelong Vitality** supplements, including **GX Assist** and **PB Assist+**, for ourselves every day. Rosie minds the kids full-time and also looks after our business full-time. We would find it very difficult to do that without the use of those products every day.

## Adam's Travel Kit



Deep Blue

On Guard Mist

Arborvitae

[dotterra.com](https://dotterra.com) / 7



# COPAIBA

## Essential oil of the Amazon

Brazil occupies roughly half of South America, covering a total area of 8,514,215 square kilometers. Within that area is 60 percent of the Amazon rainforest. Representing over half of the planet's remaining rainforests, the Amazon is comprised of the largest and most biodiverse area of tropical rainforest in the world, with an estimated 390 billion individual trees. Therein lie the trees from which we source Copaiba oleoresin, which is distilled to produce Copaiba essential oil.



Copaiba essential oil is unique and effective because of its high level of beta-caryophyllene. Copaiba has the highest levels of beta-caryophyllene that we are aware of. Beta-caryophyllene, also known as BCP, is a terpene. In 2008, European scientists learned that beta-caryophyllene had cannabinoid-like properties. Like many other cannabinoids and terpenes, BCP targets the body's CB2 receptors, ignoring the CB1 receptors that are involved in supplying the high associated with cannabis and, more specifically, the THC cannabinoid. Thus Copaiba essential oil has the ability to deliver major benefits without giving you the high. For this reason Copaiba essential oil has become an invaluable part of the dōTERRA collection.

Copaiba essential oil can be found in items such as soaps, creams, lotions, and

perfumes. Since the 16th century, Copaiba has been used in traditional health practices. When applied topically, it promotes smooth, clear skin and reduces the appearance of blemishes. It's also a powerful antioxidant that promotes immune health.

Copaiba essential oil is derived from the oleoresin of the copaiba tree, which can grow from 18 to 30 metres tall. The process of harvesting the copaiba oleoresin is similar to how one would tap a maple tree. A harvester will look for healthy trees that have large diameter trunks. They then drill a small hole approximately one metre from the ground. Once the hole has been drilled,

the sawdust is cleaned off and the oleoresin collector is put in place. The harvester will generally be able to collect some oleoresin immediately. Once the oleoresin has been collected from the initial tap, a plug is inserted into the hole and the harvester will return to the tree every few weeks to collect additional oleoresin.

The Amazon rainforest is very dense and nearly impossible to travel through with conventional vehicles. As such most travel for both personal and commercial purposes is done by boat. The complex network of smaller tributaries and larger rivers become the roads and highways by which goods are delivered.





dōTERRA utilises a large network of harvesters that transport their copaiba oleoresin by boat from their different villages to Manaus. Once the oleoresin has been inspected, paid for, and collected in Manaus, we work with our distillation partner to steam distill the oleoresin and prepare it for final shipment to the US.

During a recent sourcing trip, Ben Platt, dōTERRA Strategic Sourcing Manager for the Americas, met a family of copaiba harvesters that were not a part of our current network. As they talked about copaiba, the harvester expressed frustration that he was getting pressured about the price for his copaiba oleoresin and that payment would frequently come much later than agreed upon.

"As I was talking with this family I quickly recognised that they were the type of people that dōTERRA prefers to work with. It was clear that they knew their copaiba harvesting area very well. It was also clear that they were hardworking, honest people that would harvest the copaiba in the sustainable manner that dōTERRA requires. We encouraged them to join our harvesting group and assured them that we would pay them on-time and at fair prices for their oleoresin. They were excited by this proposition and agreed to join our harvesting group. We are definitely glad that this family has joined the network of families that are now a key part of the dōTERRA Global Botanical Network. This experience goes to highlight the importance of our mission to source the world's most beautiful oils from some of the world's best people. We source great people as much as we source essential oils."





A person wearing a dark green long-sleeved shirt and grey leggings is sitting on a paved path. Their legs are bent, and they are looking down. A pair of pink and grey headphones lies on the ground in the foreground. The background is a blurred green landscape under a bright sky.

# JUMP BACK

## References

Wagner A, Keusch F, Yan T, Clarke P. The impact of weather on summer and winter exercise behaviors. *Journal of Sport and Health Science*. 2016. <http://dx.doi.org/10.1016/j.jshs.2016.07.007>.



# INTO FITNESS

Whether it is cold weather in the winter or long holidays in the summer, the reality is it can be hard to maintain a consistent workout routine. According to a recent study, those who report exercising for at least 30 minutes three or more days a week drops from October to February each year; that number steadily rises throughout the spring and peaks in July.<sup>(1)</sup> If you haven't been in a good habit of working out lately, proceed with caution when getting back into an exercise routine. Jumping back in after a long layoff could leave you over-trained or even injured. Be smart about your return to the gym and you'll be fit again in no time.

When returning to exercise after a long break, it is not only your muscles and cardiovascular system that need to get warmed up, but your central nervous system (CNS) and connective tissues. The CNS, which includes your brain and spinal cord, controls most of the functions of the body and mind and is directly responsible for the communication that results in muscular action. While not training, its efficiency in recruiting motor units decreases, and you lose function and strength not from decreased muscular mass or fitness, but the inability to transmit muscular impulses. Training hard after a layoff may overload the CNS, resulting in overall body fatigue, decreased coordination, and increased risk for injury.

Exercise not only strengthens muscles, but connective tissue as well. Tendons and ligaments serve to hold structures, bones, and muscles together and keep them stable. Lack of mechanical work can weaken these structures, resulting in increased risk for injury. Exercising after a long layoff is much like stretching a cold rubber band that has not been in use; with its flexibility and strength compromised, it is more likely to snap. Follow these basic principles when coming back from an extended period of detraining:

## Ease Back into Training

Unless there is some firm deadline to get back into peak shape, start off slowly and progressively build up intensity. Giving your body time to readapt will not only decrease the risk for soreness and CNS overtraining, but provide the opportunity to rebuild connective tissue strength and work capacity, and will allow for sustainable

progress. Train like you are a novice. If you are a runner, start back up with some easy tempo runs; easy enough that you'll be able to repeat it with a day of rest. If you are more into weight training, start off with full-body workouts, focusing on compound lifts (movements involving more than one joint, ie. squats or bench press) with submaximal loads and keep the amount of total work low. Slowly ramp up the load, intensity, and volume with each subsequent workout. Although adaptations will be slower, by progressively working up to your past intensity levels you'll eliminate the possibility of overtraining and be more likely to stick to the program.

## Monitor Exertion

If you haven't gotten around to opening the box and reading the directions of that fancy new heart rate monitor lying around, this may be the ideal time. Whether it be perceived or through objective measurements such as that heart rate monitor or a wearable activity tracker, really focus on monitoring effort to maximise efficiency and minimise injury risk. One of the best ways to utilise heart rate measurements is to monitor progress. Try completing the first workout maintaining a specific, somewhat low, heart rate level, and increase it slightly or try to perform more overall work with each subsequent training session. If you are using an activity tracker, set a specific goal for calories burned during the workout and slightly increase it each workout. Jot down the various measurements in a notebook, as well as how you felt during the workout and the following day so you have a good frame of reference for how much further to push yourself in the next session.

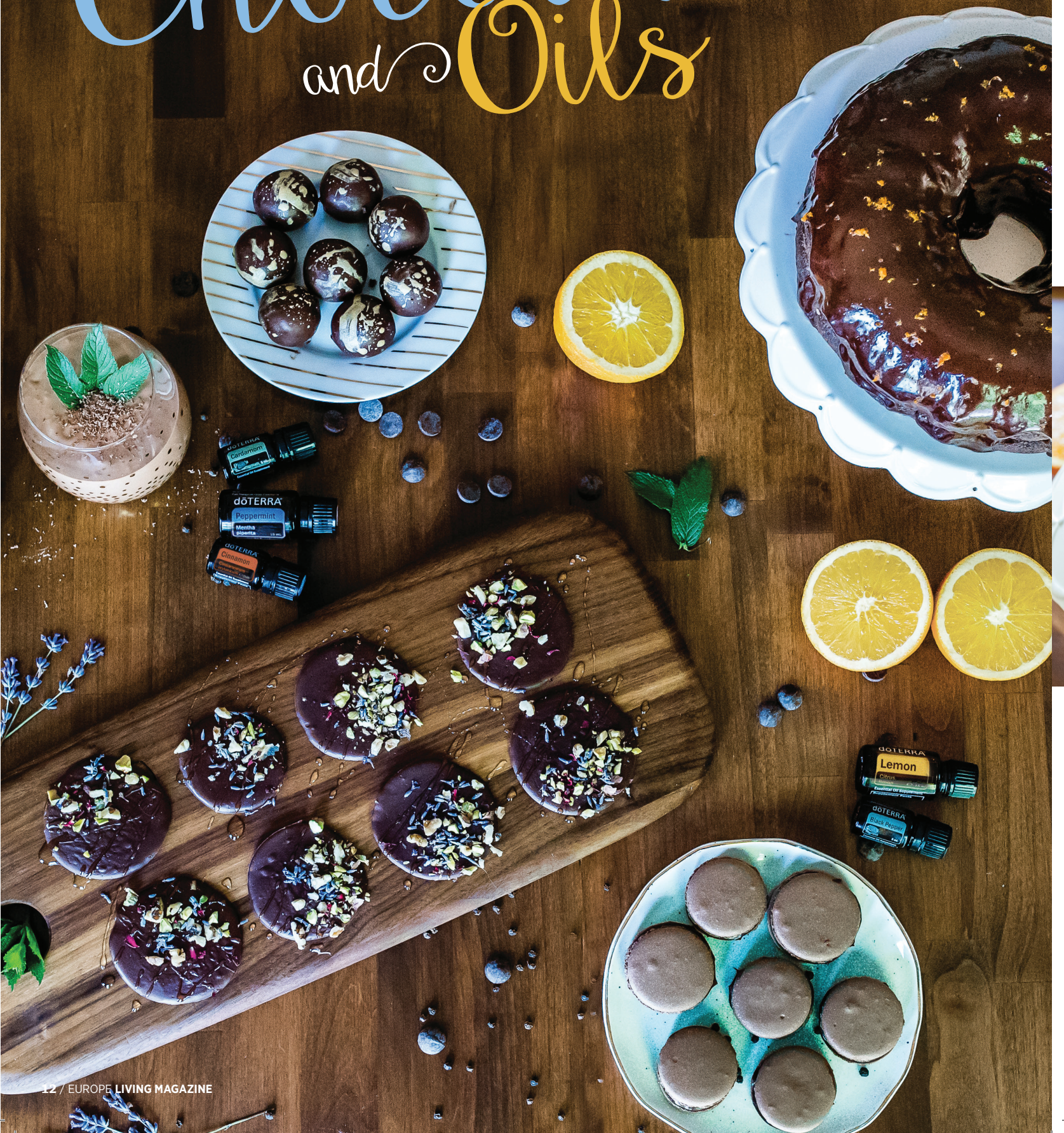
## Don't Exercise in Pain

No axiom has been more destructive (literally) to well-laid exercise programmes and healthy bodies than "no pain, no gain." The physical exertion necessary to force your body into improving isn't always comfortable, and neither is your body the next day, but pain is how your body tells you that something isn't right. If you are in serious pain, don't feel guilty about taking a day (or two) off and treating yourself to a massage including Deep Blue™ Rub. Two days off is better than two months.

The biggest factor in reaching any health or fitness goal is consistency. You can't complete the next workout if your muscles are too sore to function, you are suffering from CNS overtraining, or nursing an injury. Ease back into training, monitor exertion, and be cognisant of pain and you'll be back in shape in no time.



# Chocolate and Oils





## Chocolate Cake with Peppermint Ganache

### Ingredients:

400 g granulated sugar  
250 ml oil  
2 eggs  
5 ml vanilla  
250 ml of buttermilk  
50 g cocoa  
400 g all purpose flour  
pinch of salt  
20 g baking soda  
250 ml hot water

### Ganache:

200 g semi-sweet chocolate chips  
175 ml heavy cream  
2 drops **Peppermint** oil

### Directions:

1. Preheat oven to 190° C.
2. Butter bundt pan, and dust with cocoa powder.
3. In large bowl, combine wet ingredients except for hot water.
4. In a separate bowl combine dry ingredients.
5. Slowly sift dry ingredients into the wet ingredients, stir until smooth.
6. Stirring slowly, add hot water. Once combined, stop - do not over mix.
7. Bake for 30-35 minutes, or until a toothpick comes out clean.
8. While baking, combine ganache ingredients in a bowl. Microwave for 2 minutes, stirring every 30 seconds.
9. Allow cake to cool for 1 hour. Drizzle ganache over the cake.

## Cinnamon Bark Mousse

### Ingredients:

50 g milk chocolate chips  
150 g semi-sweet chocolate chips  
450 ml heavy cream (separated)  
2 drops **Cinnamon Bark** oil  
60 g granulated sugar  
5 ml vanilla

### Directions:

1. Combine chips and 120 ml heavy cream in bowl, and melt in the microwave for 2 minutes, stirring every 30 seconds. Refrigerate for 10 minutes.
2. Whip the remaining heavy cream with 60 g granulated sugar, 5 ml vanilla, and 2 drops Cinnamon Bark oil. Once peaks are formed, fold in chocolate mixture.
3. Serve immediately, or refrigerate.

## Lemon Chocolate Disks

### Ingredients:

150 g bittersweet chocolate  
10 g vanilla bean paste  
1 drop **Lemon** oil

### Directions:

1. Place parchment paper on a baking sheet.
2. Melt chocolate in the microwave, stirring every 30 seconds.
3. Once melted, stir in vanilla and Lemon oil.
4. Use a large spoon to dollop rounds onto parchment paper.  
**Hint:** Leave room for mixture to expand.
5. Hit baking sheet on the counter, to flatten into disks.
6. Garnish with walnuts, pistachios, honey, lemon, and edible rose petals, or as desired, and let rest to set.



## Cardamom Truffles

### Ingredients:

1 small avocado  
250 g semi-sweet chocolate chips  
5 g vanilla bean paste  
2 drops **Cardamom** oil  
50 g walnuts (optional)

### Directions:

1. Mash avocado until smooth.
2. Melt chocolate chips in microwave, stirring every 30 seconds.  
**Hint:** Set aside 50 g of the melted chocolate for dipping.
3. Add avocado, vanilla, and Cardamom oil to melted chocolate and combine.
4. Cover with plastic wrap and chill for a few hours.
5. Using a cookie scoop, take the chocolate mixer and form a ball.
6. Dip in the left over melted chocolate, and sprinkle with gold dust, cocoa, or sprinkles.

## Chocolate Macarons with Black Pepper Chocolate Ganache

### Ingredients:

200 g powdered sugar  
100 g fine almond flour  
20 g cocoa powder  
2 large egg whites (room temperature)  
5 g cream of tartar  
Pinch of salt  
50 g tablespoons granulated sugar

### Ganache:

50 g semi-sweet chocolate  
175 ml heavy cream  
2 drops **Black Pepper** oil

### Directions:

1. Preheat oven to 190° C.
2. Line baking sheet with parchment paper.
3. Sift together powdered sugar, almond flour and cocoa powder into large bowl, and discard any large pieces.
4. Beat egg whites, salt, and cream of tartar until they form peaks. Add granulated sugar. Beat until stiff.
5. Fold the dry ingredients into the egg whites.  
**Hint:** Using a rubber spatula, fold until smooth, not runny.
6. Fill pastry bag and pipe batter into 3 cm circles.
7. Tap baking sheet on the counter, until air bubbles come to the surface, and cookie mixture is flat.
8. Let macarons sit for 30 minutes, then bake for 12 minutes.
9. Combine ingredients for ganache. Microwave for 2 minutes, stirring every 30 seconds. Once combined, refrigerate for 20 minutes.
10. Once cookies are cool, fill with ganache and refrigerate for 1 hour.





dōTERRA™

# Essential Oils: The Ongoing Research

**Although the last decade has seen exponential growth in essential oil research, the science and health worlds are only beginning to scratch the surface in understanding the biological activity of those gifts of the Earth that humans have used for millennia for their myriad benefits.**

In continuing to grow its stake as the science leader in the essential oil industry, dōTERRA is proud to announce that its scientists have published 17 studies in peer-reviewed scientific journals in the 2017 calendar year and several more are in various levels of completion.

## dōTERRA Research Group

Working closely with their rapidly growing list of over 140 medical facilities and research institutions, the dōTERRA research group is committed to developing quality essential oils, discovering new models of use, and pursuing further understanding of how essential oils impart their health benefits. dōTERRA science experts have employed a variety

of analytical, biological, biochemical, and biomedical methodologies in examining essential oils in ways revolutionary within the industry. For instance, dōTERRA is the first to produce peer-reviewed research examining the biological activity of many essential oils in a human skin model. As of yet, the list of examined essential oils ranges from Arborvitae to Vetiver, and many in between, and research involving all of the current lineup of CPTG Certified Pure Tested Grade™ oils is planned in the near future.

## BioMAP™ System

Much of the recently published research has employed the BioMAP HDF3CGF system, which uses a cell culture of human dermal fibroblasts (cells within the dermis layer of skin responsible for generating connective tissue and playing a primary role in tissue remodeling). This system consists of three components: the cell culture, a stimulus, and a set of biomarker (protein) readouts, which provide data about how





exposure to the outside stimuli (in this case, essential oils) influence the cell culture. Using this unique system allows dōTERRA scientists to examine the activity of oils in vitro, but in an environment closely mimicking real human conditions. After growing the cell cultures, the cells are introduced to factors that induce activity in a way that parallels the changes occurring in cells found in a living person. Often, when foreign stimuli are introduced, fibroblasts multiply rapidly, which can lead to a change in the cellular composition of a tissue and have implications for its health and proper function. The fibroblasts themselves also secrete structural proteins into the extracellular matrix (ECM), which is the space surrounding the cells. While these proteins are normally found in healthy individuals, an excess of ECM proteins can make a tissue that is normally flexible become rigid, a characteristic that can influence normal function. Using these protein biomarkers, dōTERRA scientists are able to quantitatively analyse the rate of cell division, observe alterations in cellular metabolism, and examine other biological activities relevant to tissue remodeling, gene expression, and overall cellular health. The BioMAP system provides the ideal environment to investigate the why and the how regarding the health benefits provided by essential oils, and the dōTERRA research group is excited about how the collected data can be used to progress current usage models.

## Ongoing Research

While dōTERRA scientists are specifically interested in the efficacy and safety of essential oils and their active components in topical applications, research involving aromatic use, nutritional supplements, and personal care products is also underway. Other recent publications have put the mood-enhancing properties of CPTG™ Bergamot essential oil to the test—in a very stressful environment—and have examined the health benefits of the dōTERRA Lifelong Vitality Pack™ in a two-month long clinical trial. The work has just begun.

So far we've looked at some of your favourite single CPTG essential oils and even at a dōTERRA proprietary blend, examining their ability to promote protective cellular responses, support proper inflammatory responses, and induce healthy structural remodeling. The results are even more remarkable than we expected (hint, hint: Melaleuca showed a powerful ability to support tissue remodeling processes), providing further evidence of the power of volatile aromatic compounds in supporting various biomarkers of health and showing why dōTERRA CPTG essential oils are so highly trusted. For more information about the ongoing research, reviews of all the individual studies (including citations so that you may read the studies in their entirety on your own), and news from the amazing dōTERRA research group, please visit the dōTERRA Science Blog.



WHEN LIFE GIVES YOU

# Lemon...

## HOMEMADE LEMONADE

- 2 L cold water
- 120 ml honey
- Juice of 3 lemons
- Ice
- 1-2 drops Lemon essential oil
- Lemon slices and fresh mint leaves for garnish *(optional)*

### STEP ONE

Combine honey and water in a pot or saucepan over low heat. Stir to dissolve the honey. Once dissolved, remove from heat.

### STEP TWO

Stir in fresh lemon juice and Lemon essential oil.

### STEP THREE

Chill and serve with ice.

Jazz up the  
Flavour with  
essential oils

Lime, Grapefruit, Lemon,  
and Peppermint.





# Natural Hydration

Original · Tropical · Herbal

## dōTERRA™ Spa Lip Balm

*Natural formula* made with plant oils, botanicals, and essential oils for more hydrated and softer lips.



# Tips For Organizing

## YOUR ESSENTIAL OILS COLLECTION

**A**s you expand your dōTERRA essential oil collection, organising and admiring your precious oil bottles can be one of the most relaxing and therapeutic activities. It's empowering to realise what each essential oil you own can do for you and your family. How many of you had purchased a kit and ended up only using a couple of oils not knowing what to do with the rest? This is a good time for you to challenge yourself to explore the benefits of those dust-covered oil bottles. Here are a few tips to get you started with organising your essential oils in a way that's both useful and beautiful, but most importantly that works best for you.

First thing first, decide how and where you would like to store and display your essential oil bottles—whether you purchase special essential oil wooden boxes, or create your own storage space. Put all of your essential oils out so you can see them all at once, then, select your favourite.

### A B C

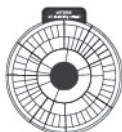
#### ALPHABETICAL ORDER

Arrange your single oils and essential oil blends in alphabetical order. Refer to the product guide section in the back for an alphabetical list of dōTERRA essential oils and blends that are available in Europe.



#### CAP STICKER COLOUR

Use dōTERRA essential oil bottle cap stickers to colour coordinate the oils based on the colours of the stickers—this system is especially satisfying if you have a slightly meticulous personality, and you find great enjoyment from colour coordinating everything you see.



#### ESSENTIAL OIL PROPERTIES

Separate oils based on their properties found on the dōTERRA Properties Wheel. For example, there are many oils with calming properties that you can group together.



#### INDIVIDUAL ROOM

For convenient access, place essential oils that you are likely to use in your kitchen, bathroom, kids' room, laundry room, etc. You can hang a display shelf in your living room with a diffuser and your favourite essential oils blends—this is good a way to incorporate essential oils into your home décor.

What to do with extra essential oil bottles? If you find opened duplicates, you can carefully pour them into one bottle. Use unopened bottles as a giveaway on your social media page or a giveaway at your next dōTERRA essential oil class.





## homemade HEXAGON SHELF

### What you need

- 100 mm by 2 m whitewood
- staple gun
- staples
- wood glue
- stain (optional)

### Directions

1. Cut wood into six 200 mm pieces on a 30 degree angle.
2. Glue pieces together to make a hexagon.
3. On the back, put two staples at each angle to hold the wood together until the glue dries.
4. When the glue is dry, stain it your desired colour.

Tip: add additional shelves for more organisation.



# AKWASI FRIMPOING

## Making History—Ghana's First Olympian Skeleton Athlete

*From Ghana to the Netherlands, to Utah Valley University, to Pyeongchang and beyond, Ghanaian athlete Akwasi Frimpong finally achieves his Olympic dreams.*

Most athletes who dream of becoming Olympians must work incredibly hard for years on end to even qualify for such a chance. For Ghanaian native Akwasi Frimpong, the journey to the 2018 Winter Olympics took more than just hard work—it required him to overcome obstacle after obstacle, and to never give up on himself or his dream. After facing challenges like gaining citizenship and overcoming devastating injuries, Akwasi is finally living out his dream of being an Olympian.

### A Long Journey

Akwasi's story begins in Ghana, where he spent the first few years of his life living with his grandmother and nine other grandchildren while his mother travelled to the Netherlands to secure a better life for her children. In 1995, Akwasi moved to the Netherlands where he faced many challenges as an illegal immigrant. It took more than a decade of hard work for Akwasi to gain Dutch citizenship, during which time Akwasi struggled to find a school that would accept him.

During his early years in the Netherlands, Akwasi soon discovered he was a fast runner—something he realised during physical education at school. Although he was fast, Akwasi didn't think he had much interest in running until a neighbour showed him a medal he had won in a race. Akwasi remembers thinking that he had never won a medal or trophy in his entire life, and he wanted to know what it felt like to win. Akwasi thought, "If he can do it, I can do it."

This desire to win led Akwasi to join the track team, where it didn't take long before he got the chance to know what it felt like to win.

### Overcoming Obstacles

After experiencing success as a sprinter during his teen years, Akwasi had dreams of competing in the Olympics. He hoped to qualify for the 2012 London Olympics, however an injury quickly derailed these dreams and he was forced to take time away from training to recover.

For the next few years, Akwasi took a break from his Olympic pursuits and focused on his education and career. He attended Utah Valley University in Orem, Utah, where he obtained a degree in Marketing, and met his wife, Erica.

In 2013, after recovering from his injury, Akwasi was asked to join the Dutch bobsled team because of his speed. Once again, Akwasi dreamed of making it to the 2014 Olympics in Sochi, but only one sled from the Dutch team qualified that year—leaving Akwasi behind as an alternate.

At this point, Akwasi had fought a difficult citizenship battle, overcome injury, and even switched sports, without having gone to the Olympics. However, he still felt the desire to be an Olympian and knew that his goal of going to the Olympics was still "unfinished business." With the support of his wife and encouragement from coaches, Akwasi reignited his dreams of Olympic success as he began to train to compete as a skeleton athlete. He quickly fell in love with the sport, and decided not to give up on his dream of going to the Olympics. Finally, Akwasi's dream came to fruition as he qualified for



the 2018 Winter Olympics in Pyeongchang, where he would represent his home country of Ghana.

### Representing a Nation

As the first West African to compete in the skeleton, Akwasi feels an immense responsibility to represent his home country and make them proud. He said, "I've done a lot in the Netherlands, I've done a lot in the U.S., and it's time to do something for my country." Akwasi has received overwhelming support from the people of Ghana, especially the





**“IF FAILURE WAS THE ONLY LAST STEP, THERE WOULDN’T BE SOMETHING CALLED SUCCESS.”**



youth, who are very excited about the possibility of Ghana having more representation in ice sports in the future. When speaking of getting more Ghanaians involved in ice sports in the future, Akwasi has said, “Somebody has to set the example, and I’m willing to take on that challenge.”

### Using dōTERRA Products

Growing up in Ghana, Akwasi’s grandmother often used plant products and herbs, so he likes the idea of using natural sources to help the body. Akwasi uses dōTERRA essential oils to help his performance as an athlete, and also enjoys using the products at home with his

family, saying, “The fact that I can have these natural things in little bottles and take them everywhere I go, is a huge blessing.”

### Akwasi’s Favourite Products

**Peppermint essential oil:** “I put a little bit of Peppermint in my helmet before sliding for alertness and focus while going 110-130 km per hour, head first, with my chin 7 cm from the ice.”

**Deep Blue™ Rub:** “It’s my number one go-to before or after workouts. I also use it to get fired up before competitions.”

**dōTERRA On Guard™:** “I will put drops of dōTERRA On Guard in my water bottle or in a capsule, and I use the dōTERRA On Guard Toothpaste to brush my teeth every morning.”

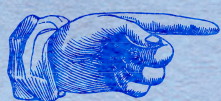
**dōTERRA Lifelong Vitality Pack™:** “I don’t travel without this. I take two pills of each bottle in the morning after breakfast and at night after dinner.”



BREAKING THE  
STEREOTYPE

of

ESSENTIAL



OILS



for

MEN





## It's Not Just for Women?

There seems to be a common stereotype out there that essential oils are only for women. True, the majority of dōTERRA members are women, but did you know that men have used essential oils all throughout history? In the height of Egypt's power, male priests were the only authorities allowed to use aromatic oils. So why has the tide changed? What makes the men in today's world different from their male ancestors? Understanding stereotypes that surround essential oils can help answer these questions, and even change some perspectives.



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### **“I tried it once and they didn’t work.”**

Essential oils are a lifestyle, not a use-once-cure-all product. Just like exercise isn't going to magically shape your body after one workout, one use of essential oils isn't going to magically change your body. Although we still receive benefits with one workout or one use of essential oils, the change may not be noticeable. As for improving overall health, there is a level of commitment that involves usage and a healthy lifestyle.

### **“They are only good for their smells.”**

The smell of essential oils are what attract many people, but the benefits of essential oils go far deeper than just the aroma. dōTERRA essential oils are Certified Pure Tested Grade which means you can trust that you're getting high quality products. Not only do they smell good, they are good for you. Test them and see for yourself!

### **“dōTERRA isn’t really a business; it’s just something my wife does while I am at work.”**

Many people are casual about their dōTERRA business; it isn't until real money is coming back that the men start gaining interest. John Busch IV, a Wellness Advocate, began like many other men in this business: full of doubts. It wasn't until he fully committed himself that he saw results. He said, “I find myself saying at least three times a week or more how thankful I am that I was wrong. Wrong about how the oils could help my daughter, wrong about my wife succeeding with dōTERRA as a business, and wrong that the oils could do anything for me as a man. If it was good enough for the kings and rulers of old, why would it not have great significance for you now?”

### **“Going into business with your significant other is too hard.”**

This is a stereotype across the board, not just in the essential oil business. When it comes down to it, your attitude is what makes it hard or easy. Thank goodness we have an oil for that! Chandler Fausett, a Wellness Advocate, said, “My wife and I have been able to start this business together and we work extremely close. We discuss the goals we both want to achieve, select individual responsibilities, and evaluate weekly with each other on our progress. This is an incredible business to work with your spouse on.”

### **“Essential oils are just a fad that will soon end.”**

The use of essential oils have been around since before humans began keeping records. The recent popularity of essential oils stems from many things—greater availability of different types of oils, stronger research into the effectiveness of the oils, and more opportunities to share personal experiences with the oils. Essential oils are on a train that is just gaining speed.

These are just a few of the many stereotypes men have about the essential oil industry. So what makes the men in today's world different from their male ancestors? Possibly it's the lack of knowledge or the conformity to what a man's role is in our current society. Regardless, these stereotypes along with all the others, can be overcome by doing one simple thing: try them. Give them a chance to prove you wrong. Educate yourself instead of being educated by those around you. This will give you your own perspective about the oils, and possibly change your mind. At the end of the day, anyone can benefit from incorporating essential oils into their daily routine.



# Why Supplement?

By Dr. Damian Rodriguez, DHSc, MS

**Dietary supplementation is one of the most hotly debated topics in nutrition, and that isn't likely to end anytime soon. Depending on the study you are examining or the person you ask, supplements are either absolutely critical for optimum health or are not likely to make a tangible impact on your health. What is not disputable is the fact that many diets promote nutrient deficiencies, which have a definitive impact on countless markers of health. Whether you are an elite athlete or Average Joe just looking for convenient and cost-effective ways to improve your daily well-being, there are few easier ways to accomplish this than by integrating dōTERRA Lifelong Vitality Pack™ (LLV) into your daily routine—and dōTERRA scientists have gathered the clinical data that explains why.**

Let's examine why people take dietary supplements. According to data collected from the 2007–2010 National Health and Nutrition Examination Survey (NHANES), most regular users of supplements state that they do so to maintain overall health, for bone health, and to support heart health as they age(1). The most common daily supplement? While overall use of dietary supplements varies greatly between countries, specifically with higher use in northern European nations, a full spectrum multivitamin/multimineral is the most common with an essential fatty acid supplement (such as xEO Mega™) ranking as the most common “specialty supplement”(2). This makes sense, as our concerns regarding bone and heart health tend to increase with the natural aging process and recent research suggests that

full spectrum multivitamin/multimineral and omega-3 supplementation may be of benefit when addressing these issues (3).

Designed to be the perfect complement to a balanced, whole food diet, LLV is a product that everybody should be familiar with. Consisting of Microplex VMz™ Food Nutrient Complex, xEO Mega™ Essential Oil Omega Complex, and Alpha CRS™ Cellular Vitality Complex, LLV has a number of clinically supported health benefits.

Accepted for publication in the *Journal of Dietary Supplements*, a two-month clinical trial showed that those who supplement their normal diet with LLV may experience significant improvements in several biomarkers of cardiovascular health, antioxidant status, inflammation levels, and blood glucose regulation.\* Measured via blood sample, participants in the LLV clinical trial showed improvements in LDL/HDL cholesterol ratio, fasting insulin, and triglycerides.\* Furthermore, they reported improved subjective measures of well-being, such as mental clarity, energy, motivation, and overall happiness.\*

While there is no ignoring that the foundation of health is a healthy, balanced, whole food diet, there are a few reasons we could all benefit by integrating LLV into our daily lives.

## NUTRIENT DEFICIENCIES

According to the KORA-AGE study, a population based examination of multiple factors of health in Europeans, more than half of European adults are deficient in vitamin D and nearly one-third are deficient in vitamin B12 (4). Even more alarming, as a side effect of the

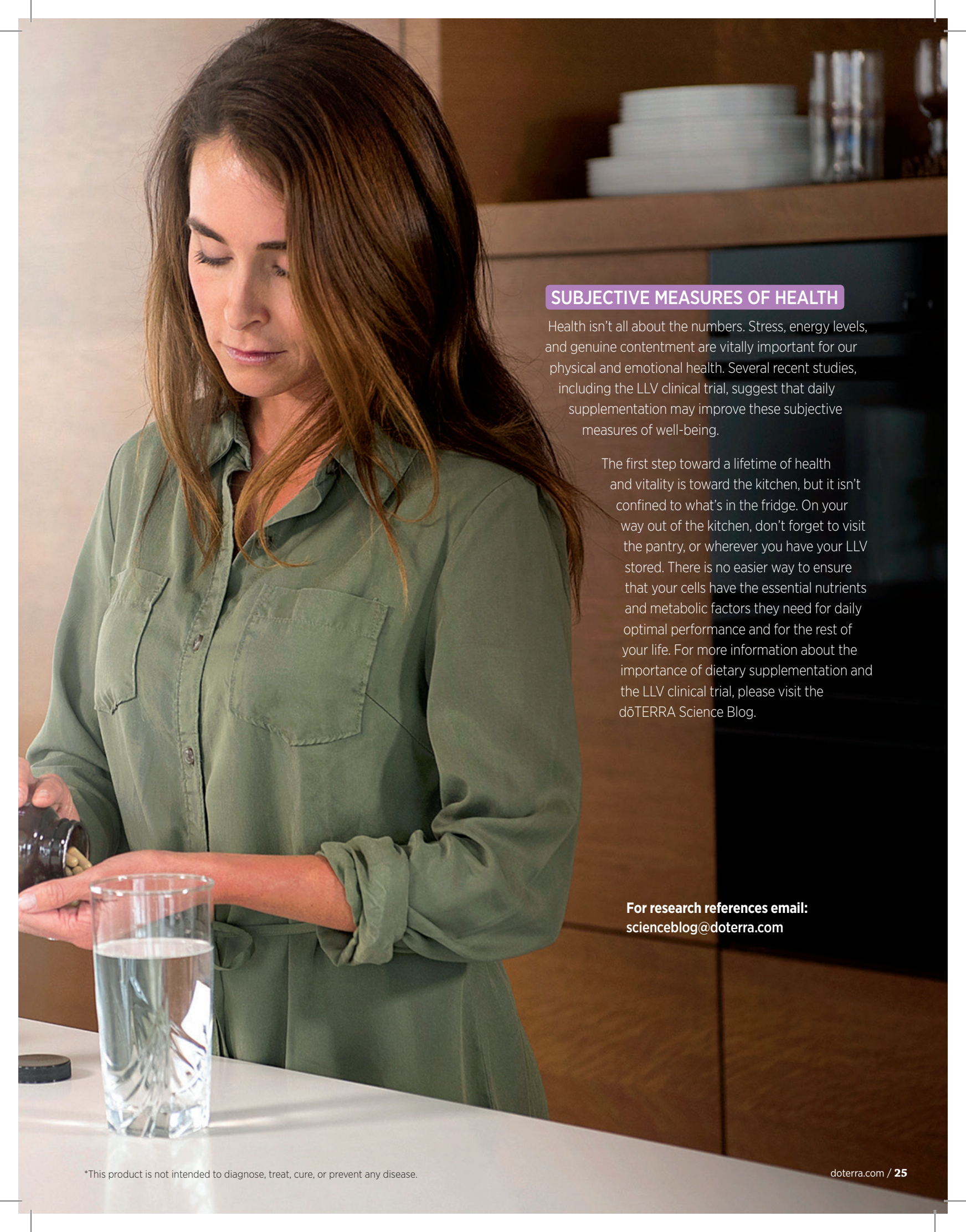
contemporary diet rich in highly processed foods, omega-6/omega-3 ratio is typically 16:1 (or more) while recommendations suggest, for optimum health, that we aim for closer to 1:1 (5). The best solution is to change dietary behaviours, but that is often much easier said than done. LLV with breakfast and an evening meal can be a convenient and cost-effective means to address this issue.

## CELLULAR HEALTH

Research has shown that daily multivitamin supplementation may improve cellular health in otherwise healthy individuals. The Physician's Health Study II, a randomised, double-blind, placebo-controlled trial involving nearly 15,000 participants over 14 years, found strong data to suggest that those who committed to daily supplementation had fewer nutrient deficiencies and negative markers of cellular health. If you want to support health and well-being at the most fundamental level, there is evidence that daily supplementation is one way to do it.







## SUBJECTIVE MEASURES OF HEALTH

Health isn't all about the numbers. Stress, energy levels, and genuine contentment are vitally important for our physical and emotional health. Several recent studies, including the LLV clinical trial, suggest that daily supplementation may improve these subjective measures of well-being.

The first step toward a lifetime of health and vitality is toward the kitchen, but it isn't confined to what's in the fridge. On your way out of the kitchen, don't forget to visit the pantry, or wherever you have your LLV stored. There is no easier way to ensure that your cells have the essential nutrients and metabolic factors they need for daily optimal performance and for the rest of your life. For more information about the importance of dietary supplementation and the LLV clinical trial, please visit the dōTERRA Science Blog.

**For research references email:**  
[scienceblog@doterra.com](mailto:scienceblog@doterra.com)



# Essential Blends

Don't know which oils to use together?

Here are some of our *favourite* blends!

## Peace & Harmony

- 👉👉 Bergamot
- 👉👉 Ylang Ylang
- 👉👉 Lavender
- 👉 Patchouli

## Nature's Essence

- 👉👉 Frankincense
- 👉 Cedarwood
- 👉 Arborvitae

## Focus Blend

- 👉👉 Grapefruit
- 👉👉 Peppermint
- 👉👉 Lemon
- 👉 Rosemary
- 👉 Basil

## The Spa Experience

- 👉👉👉 Lavender
- 👉👉👉 Geranium
- 👉👉 Roman Chamomile

## Paradise Island

- 👉👉👉 Citrus Bliss
- 👉👉👉 Ylang Ylang





#ShareAromaTouch

# aromatouch™ TECHNIQUE



Miva Berthias, a Wellness Advocate from St Sauveur D'aunis, France, is one of the inspiring examples of someone who shares the dōTERRA culture and essential oils by serving others through the dōTERRA AromaTouch Hand Technique.



## *Serve and Empower Others*

The dōTERRA AromaTouch™ Technique is the perfect combination of essential oils and human connection. It brings anyone and everyone together through caring about each other on a one-on-one level. Many dōTERRA Wellness Advocates use the AromaTouch Technique as a gift and an opportunity to serve others. Their stories encourage all of us to share this technique and see how we can impact others in a positive and loving way.

In 2017, during the Christmas season, Miva visited a healthcare facility in La Rochelle, France. She and a few of her team members volunteered their time to share the AromaTouch™ Technique and dōTERRA oils with the local residents there. Miva says, "My team and I wanted to fill a void for those who needed that extra one-on-one time. We wanted to share a pure moment with the patients and bring them some joy during the days we came to be with them."

They used two oils for the hand technique: Wild Orange and Frankincense. "I was so happy to share the oils in the facility for those two days," Miva expressed. "Seeing the smiles on the patients' faces as well as the people on my team that were serving them was so rewarding! I think that every member of my team was touched by this experience and grateful for the opportunities we can make to serve with these essential oils. All of the patients, nurses, and physicians who received a hand technique during these two days of service asked, 'When are you coming back?'"

At times our efforts may feel insignificant, but in reality, we can impact those we serve and empower others through our example of serving others. Something as plain and simple as the AromaTouch Hand Technique can help spread joy throughout the world—as long as we go out and share it.

— Miva Berthias



# Upcycle Projects

Infuse creativity into your home with these fun upcycle projects.

## Wind Chime

*What you need:*

- fishing line
- empty essential oil bottles
- beads
- hot glue
- twine

*Directions:*

1. Wrap twine around both ends of a stick to use as your hanger.
2. Assemble the items you want on your wind chime.

*Note:* We chose to use empty essential oil bottles and beads that were lying around.

3. Using fishing line, hang the objects from the stick.

*Tip:* Make sure your objects are made from glass or metal so they will make sound in the wind.

4. Use your imagination!

## Flower Pot

**Pot**

*What you need:*

- empty supplement bottle
- twine

*Directions:*

1. Spray paint your supplement bottle.

*Note:* Get creative; it doesn't have to be plain white. Paint a design or write some words.

2. Wrap twine around the top of the bottle.

*Note:* The twine will hide the fact that it's a supplement bottle.

**Flowers**

*What you need:*

- paper
- scissors
- glue stick

*Directions:*

1. Draw a 6 mm line down your paper and cut. This will be the centre of your flower.
2. From another colour, draw a 25 mm line down your paper and cut.
3. Take the 25 mm strip and cut 18 mm lines down the length of the strip, making it resemble fringe.
4. Glue the two strips together, overlapping by about 12 mm.
5. Place glue all the way down the two strips that are now glued together and roll.

6. Once dry, push your thumb down to the centre, spreading the fringe to look like a flower.

*Note:* You can cut more strips of paper to use as stems and leaves.

## Beehive

*What you need:*

- empty supplement bottle
- 1.5 m of rope or twine
- hot glue

*Directions:*

1. Take your supplement bottle and drill a 25 mm hole, 25 mm from the bottom of the bottle.

*Note:* This step is optional.

2. Glue a loop of rope at the top in the centre of your bottle.

*Tip:* Keep the cap on your supplement bottle.

3. Take your rope and start wrapping it around the loop and down, cutting around the hole.

4. Once your first layer is done, start wrapping again about 50 mm below your starting point.

5. Once you finish your second layer, start another layer 25 mm below your second layer.

6. Repeat step 5 for your other layers until you get your desired look.

7. Take a 50-75 mm strip of rope, depending on how big you want your hole, and glue the ends together to make a circle. Then glue it around the hole.

## Bunny

*What you need:*

- spray paint
- cotton ball
- 21 empty essential oil bottles
- painters tape
- hot glue

*Directions:*

*Tip:* Arrange your bottles how you would like your bunny to look before spray painting.

1. Wrap the essential oil bottles with tape, allowing only the bottom to show, and spray paint.

2. Arrange the bottles in rows and hot glue them together. Stack the rows on top of each other, hot gluing them as you go.

3. Take a cotton ball and glue it on to resemble a tail.





wind chime



beehive



flower pot



bunny  
doterra.com / 29



# THE OUTREACH OF *Healing Hands*

A dōTERRA Healing Hands Foundation™ update in Bulgaria

During the 2016 dōTERRA One Convention in Salt Lake City, Utah, the founding executives announced that attendees had a unique opportunity—the chance to go on a sourcing incentive trip with the dōTERRA Healing Hands Foundation. Many people put their names into the raffle to determine who could go on one of the six planned trips to either Nepal, Guatemala, or Bulgaria.

Bulgaria is the focus of a Cō-Impact Sourcing™ project to both help the struggling economy there by revitalising the essential oil industry while sourcing quality oils. The dōTERRA Healing Hands Foundation is an integral part of the work happening. The first of the two trips planned for Bulgaria took place the first week in July 2017, with a second group going one week later. Those participating in these trips knew they were in for something special.

## *Projects to Empower Communities*

The main focus of both trips to Bulgaria was to provide a much needed playground for a community center. Community centres in Bulgaria typically house a variety of functions, such as a post office, library, town hall, and a public meeting house and gathering area. Adding a safe play area for the children was a priority in this community. The volunteers went to work—they sanded the existing teeter-totters, sanded and refinished benches, and sanded and repainted the existing fence.







## dōTERRA Healing Hands FOUNDATION



Meanwhile, community members assembled the new playground. This is the third playground that dōTERRA has donated to local Bulgarian community centers. Beyond the playground, Wellness Advocates volunteered for a day at the Milk Canteen, an organisation that provides meals to families with children between the ages of one to three at a subsidised cost with help from dōTERRA. Workers there estimate that they serve between 500-1000 children a day. The experience then finished off with dinner made by young people at the nonprofit organisation, the Social Teahouse, which the dōTERRA Healing Hands Foundation helped refurbish in early 2016. The Social Teahouse works to help orphaned children learn personal and professional skills that help them leave the orphanages with access to the labour market.

### *Making it Possible*

The volunteers took some time to go to the Bulgarian Esseterre Distillery, the operation that makes all the efforts to build up Bulgaria through industry and humanitarian projects possible. The distillery currently produces Lavender, Melissa, and Frankincense essential oils for dōTERRA.

Sarah Wimmer, a Wellness Advocate from Arizona, says of her experience, "It is amazing to see the whole process of creating an oil, and the care and precision that goes into each step of the process. From the field to the lab, dōTERRA has set a high expectation and standards of excellence that will only allow for the best of the best to be produced. I am honoured to have been on this trip and to be a part of a company that gives back so much to communities."





# SIBERIAN FIR

**Sourcing Origin:**

Russia

**Aromatic Description:**

Green, woody, fresh

**Distillation Method:**

Steam

**Plant Part:**

Needle/Twig

## FUN FACT:

Siberian Fir has a unique chemical composition that is predominately bornyl acetate, which provides a majority of the easing benefits of this essential oil.

Siberian fir (*Abies sibirica*) is a tall evergreen tree within the Pinaceae family. Siberian fir trees are typically found in Russia, Finland, and North America. With a slight yellow tint, Siberian Fir essential oil has been described as having a refreshing scent reminiscent of pine. Siberian Fir can be very soothing to the skin, making it an ideal essential oil to add to a comforting massage.

## HOW TO USE:

- ◆ Add a drop or two to your moisturiser and apply to the back of the neck or bottom of the feet.
- ◆ Apply to muscles and joints or use with Fractionated Coconut Oil for a massage.
- ◆ Apply topically to skin to help soothe minor skin irritations.





# Essential Oil Matching Game

Let's see if you can find a match.  
Draw a line from a botanical to the corresponding essential oil.



Answer Key: 1. Oregano 2. Sandalwood 3. Frankincense 4. Spikenard 5. Marjoram 6. Cardamom 7. Lemongrass 8. Cedarwood 9. Vetiver



# source to you™



As the usage of essential oils continues to grow, so does the danger. Cutting corners to fulfill demand has become common in the industry. The dōTERRA commitment to ensure quality without compromise is second to none. The testing of dōTERRA essential oils begins long before the oils are distilled. **Source To You** takes you through the journey and the process of the dōTERRA essential oils from start to finish.



## Q: What is the benefit of pre-paying our growers?

Many of our growers live in developing countries where the majority of their income is earned during the harvest season. By the time the next growing season comes around, much of that income has been spent on day-to-day expenses. Pre-paying growers smooths income streams over the year and gives them the ability to wait for the ideal time to harvest their plants, rather than harvesting for cash. This in turn ensures their plants will produce the quantity and quality of oil that we demand.

## Q: How has our Co-Impact™ Sourcing initiative helped growers?

The effects of the dōTERRA Co-Impact Sourcing initiatives have been wide and varied. By doing everything from ensuring the growers and harvesters have a consistent buyer paying a fair price to organising functioning cooperatives and even helping install necessary production equipment (dryers, stills, etc.) where needed has allowed more profits to remain in those communities. When combining these initiatives with the projects supported by the dōTERRA Healing Hands Foundation™, humanitarian and environmental needs can also be addressed sustainably.



## Q: What is Esseterre?

When we tried to work closely with suppliers in Bulgaria for various oils, but most importantly Lavender, none of the existing suppliers were willing to work with us under our Co-Impact Sourcing model, so we established Esseterre. Esseterre is a dōTERRA wholly owned distillation facility in Bulgaria. Our team there works with contracted farmers to help improve Lavender, Melissa, and other plant production, distill those plants with the most state-of-the-art distillation equipment available, immediately analyse the oil upon completion of the distillation process in our onsite laboratory, and then pay the farmers that same day for their harvest—something no other company in Bulgaria is able to do. Esseterre has changed farmers' expectations of how they should be treated and has raised the bar in how business is done in Bulgaria.







**Scientists**

**Q: What are we doing to ensure the highest quality of essential oils?**

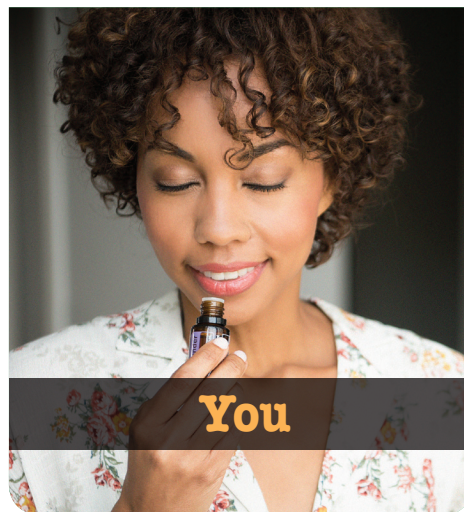
dōTERRA is committed to being the leader in essential oil quality. We do this through the most extensive testing process in the business. We study every aspect of the oil to ensure that it meets the highest standards of excellence in aroma, chemistry, and source material. By partnering on the ground with growers, harvesters, and distillers, we are able to have visibility into our supply chain right from the start. This makes a huge difference when it comes time to test the oils and evaluate their purity—we know where they’ve come from and how they were produced. From the moment of distillation until the time the oil is bottled and labelled with the dōTERRA logo at our manufacturing facility, the many tests of quality demonstrate that the oil is pure and potent, ready for you to enjoy.



**Practitioners**

**Q: Why is it important to have practitioners?**

One of the missions dōTERRA is committed to is bringing together healthcare professionals of traditional and alternative medicine to encourage further study and application of essential oils in modern healthcare practices. Collaborating with practitioners with various specialties helps bridge the gap between the use of essential oils and western medicine. We currently work with osteopathic physicians (D.O.) and medical doctors (M.D.). In addition, dōTERRA plans on establishing clinics across the country and potentially worldwide where we’ll have traditional western medicine along with essential oils in caring for patients. We expect to see healthcare costs drop, and for doctors to have time to care for what matters most: the patient. For more information about dōTERRA health clinics go to [healthcare.doterra.com](http://healthcare.doterra.com)



**You**

**Q: How does this website benefit me?**

With the growing popularity of essential oils, many companies are claiming they have pure oils, but fail to provide credible proof of that purity. Source To You establishes that dōTERRA, from start to finish, will provide the best possible essential oils, pure and unadulterated. For more information visit: [sourcetoyou.com](http://sourcetoyou.com)

**Q: How do I find my Quality ID?**

Your Quality ID is located on the bottom of dōTERRA single essential oil bottles purchased after May 2016. Each Quality ID includes six or seven numbers and one letter.





Hele, a veteran harvester from Egypt, starts her harvest with a headlamp, basket, and her fingers at 2:30 am.





# Changing Lives

## *one flower at a time*

### NEROLI ESSENTIAL OIL

Neroli, the flower from the bitter orange tree, was introduced into Egypt by the Arabs in 642 AD. Egyptian Neroli remains virtually untouched, unlike most orange trees across the world that have been altered by mix breeding. At the end of the 17th century, Anne Marie Orsini, Duchess of Bracciano and princess of Nerola, Italy, was said to be so fascinated with orange flower essence that she would bathe in it. She spread the practice to those around her, thus giving her name to the orange flower essence: Neroli.

The Bitter Orange Tree is able to produce three different oils. Neroli comes from the flower of the tree. Petitgrain comes from the leaf and twig of the tree. Lastly, orange comes from the rind of the orange fruit. However, dōTERRA Wild Orange is sourced from the sweet orange fruit. Producers can only choose one oil to cultivate because harvesting one will make it impossible for the other parts of the tree to mature. The Neroli flower only has a small window for harvest—from mid-March to the end of April.

### JASMINE ABSOLUTE

Jasmine is a species of more than 200 flowering vines and shrubs of the Oleaceae family. Known throughout history for its floral scent, Jasmine has been revered in countries such as China, Japan, and all throughout Southeast Asia. Pakistan has even designated Jasmine as its national flower. Jasmine differs from other oils because it is an absolute, which means the oil is extracted using a unique method.

An absolute goes through a sophisticated process of separating the paraffins and waxes from the volatiles. This process allows for more of the aromatic compounds to be present in the absolute, resulting in an exquisite, yet potent final product. Due to the fragile nature of the Jasmine flower, steam distillation is too strenuous and will not produce the right compounds that we look for.

### HARVESTING FLOWERS

What do Jasmine and Neroli have in common? They are both cultivated in Egypt. **It takes 907 kg of Jasmine flowers to produce 1.3 kg of jasmine absolute—that's approximately 6,000,000 flowers.** Jasmine and Neroli flowers are not picked by machines, but rather by hand, one by one. This goes to show how much time and effort goes into producing such beautiful oils. Each individual flower is not only changing the lives of those using them, but changing the lives of those harvesting them.

Hele, a veteran harvester from Egypt, started out like many other harvesters, trying to earn money for her family. Beginning her day at 2:30 am, Hele starts her harvest with a headlamp, basket, and her fingers. Each day the harvesters are only allotted a certain amount of bushes to pick in order

to prolong the life of the plant. Hele has been doing this for 10 years, getting faster and faster with time. Her speed has made it possible for her to get to other jobs and back to her family much quicker.

When asked about her job, Hele says it is a great time to socialise with her friends. Many of the other harvesters are women in similar circumstances. This makes it more enjoyable and the time goes by much faster. Payments are fair and on time. In fact, the harvesters get to watch their loads get weighed to make sure the amount is correct. Hele may be just one harvester in Egypt, but her hard work in picking the flowers one by one makes it possible for us to enjoy the numerous benefits of Jasmine and Neroli.



## PRODUCT GUIDE

# ESSENTIAL OIL SINGLES

The dōTERRA™ collection of single essential oils represents the finest aromatic extracts available in the world today. Each oil provides the living essence of its botanical source, gently distilled from plants that are nurtured and carefully harvested throughout the world. Each oil is natural and passes strict standards of purity and potency. A beautiful palette of botanical energies, they can be used individually or blended for personalised essential oil applications.

 <b>ARBORVITAE</b> PURE ESSENTIAL OIL <i>Thuja plicata</i> 60203844   5 ml	 <b>BASIL</b> PURE ESSENTIAL OIL <i>Ocimum basilicum</i> 60205808   15 ml	 <b>BERGAMOT</b> PURE ESSENTIAL OIL <i>Citrus bergamia</i> 60204912   15 ml	 <b>BLACK PEPPER</b> PURE ESSENTIAL OIL <i>Piper nigrum</i> 60204673   5 ml	 <b>BLUE TANSY</b> PURE ESSENTIAL OIL <i>Tanacetum annuum</i> COMING AUTUMN 2018! 60203383   5 ml
 <b>CARDAMOM</b> PURE ESSENTIAL OIL <i>Elettaria cardamomum</i> 60204676   5 ml	 <b>CASSIA</b> PURE ESSENTIAL OIL <i>Cinnamomum cassia</i> 60205774   15 ml	 <b>CEDARWOOD</b> PURE ESSENTIAL OIL <i>Juniperus virginiana</i> 60203847   15 ml	 <b>CILANTRO</b> PURE ESSENTIAL OIL <i>Coriandrum sativum</i> 60204710   15 ml	 <b>CINNAMON BARK</b> PURE ESSENTIAL OIL <i>Cinnamomum zeylanicum</i> 60203843   5 ml
 <b>CLARY SAGE</b> PURE ESSENTIAL OIL <i>Salvia sclarea</i> 60204696   15 ml	 <b>CLOVE</b> PURE ESSENTIAL OIL <i>Eugenia caryophyllata</i> 60204911   15 ml	 <b>COPAIBA</b> PURE ESSENTIAL OIL <i>Copaifera spp.</i> COMING AUTUMN 2018! 60203549   15 ml	 <b>CORIANDER</b> PURE ESSENTIAL OIL <i>Coriandrum sativum</i> 60204709   15 ml	 <b>CYPRESS</b> PURE ESSENTIAL OIL <i>Cupressus sempervirens</i> 60205409   15 ml
 <b>EUCALYPTUS</b> PURE ESSENTIAL OIL <i>Eucalyptus radiata</i> 60203817   15 ml	 <b>FENNEL, SWEET</b> PURE ESSENTIAL OIL <i>Foeniculum vulgare</i> 60204706   15 ml	 <b>FRANKINCENSE</b> PURE ESSENTIAL OIL <i>Boswellia carterii, frereana, and sacra</i> 60204661   15 ml	 <b>GERANIUM</b> PURE ESSENTIAL OIL <i>Pelargonium graveolens</i> 60204695   15 ml	 <b>GINGER</b> PURE ESSENTIAL OIL <i>Zingiber officinale</i> 60204669   15 ml
 <b>GRAPEFRUIT</b> PURE ESSENTIAL OIL <i>Citrus X paradisi</i> 60204666   15 ml	 <b>HELICHRYSUM</b> PURE ESSENTIAL OIL <i>Helichrysum italicum</i> 60203819   5 ml	 <b>JUNIPER BERRY</b> PURE ESSENTIAL OIL <i>Juniperus communis</i> 60204670   5 ml	 <b>LAVENDER</b> PURE ESSENTIAL OIL <i>Lavandula angustifolia</i> 60204657   15 ml	 <b>LEMON</b> PURE ESSENTIAL OIL <i>Citrus limon</i> 60204656   15 ml
 <b>LEMONGRASS</b> PURE ESSENTIAL OIL <i>Cymbopogon flexuosus</i> 60203815   15 ml	 <b>LIME</b> PURE ESSENTIAL OIL <i>Citrus aurantifolia</i> 60204697   15 ml	 <b>MARJORAM</b> PURE ESSENTIAL OIL <i>Origanum majorana</i> 60203847   15 ml	 <b>MELALEUCA</b> PURE ESSENTIAL OIL <i>Melaleuca alternifolia</i> 60204660   15 ml	 <b>MELISSA</b> PURE ESSENTIAL OIL <i>Melissa officinalis</i> 60204681   5 ml
 <b>MYRRH</b> PURE ESSENTIAL OIL <i>Commiphora myrrha</i> 60204705   15 ml	 <b>OREGANO</b> PURE ESSENTIAL OIL <i>Origanum vulgare</i> 60204665   15 ml	 <b>PATCHOULI</b> PURE ESSENTIAL OIL <i>Pogostemon cablin</i> 60204704   15 ml	 <b>PEPPERMINT</b> PURE ESSENTIAL OIL <i>Mentha piperita</i> 60204658   15 ml	 <b>PEPPERMINT BEADLET</b> 60204831: English, German, Norwegian, Dutch, French, Italian 60204468: English, Slovak, Portuguese, Spanish, Slovenian, Hungarian, Romanian
 <b>PETITGRAIN</b> PURE ESSENTIAL OIL <i>Citrus aurantium</i> 60204707   15 ml	 <b>ROMAN CHAMOMILE</b> PURE ESSENTIAL OIL <i>Anthemis nobilis</i> 60204934   5 ml	 <b>ROSEMARY</b> PURE ESSENTIAL OIL <i>Rosmarinus officinalis</i> 60204694   15 ml	 <b>SANDALWOOD</b> PURE ESSENTIAL OIL <i>Santalum album</i> 60204679   5 ml	 <b>SANDALWOOD, HAWAIIAN</b> PURE ESSENTIAL OIL <i>Santalum paniculatum</i> 60204678   5 ml



 <b>SIBERIAN FIR</b> <small>NEW!</small> PURE ESSENTIAL OIL <i>Abies sibirica</i> 60203653   15 ml	 <b>SPEARMINT</b> PURE ESSENTIAL OIL <i>Mentha spicata</i> 60204708   15 ml	 <b>SPIKENARD</b> PURE ESSENTIAL OIL <i>Nardostachys jatamansi</i> 60204680   5 ml	 <b>TANGERINE</b> <small>NEW!</small> PURE ESSENTIAL OIL <i>Citrus reticulata</i> 60203546   15 ml	 <b>THYME</b> PURE ESSENTIAL OIL <i>Thymus vulgaris</i> 60204699   15 ml
 <b>VETIVER</b> PURE ESSENTIAL OIL <i>Vetiveria zizanioides</i> 60204698   15 ml	 <b>WILD ORANGE</b> PURE ESSENTIAL OIL <i>Citrus sinensis</i> 60204655   15 ml	 <b>WINTERGREEN</b> PURE ESSENTIAL OIL <i>Gaultheria fragrantissima</i> 60204701   15 ml	 <b>YLANG YLANG</b> PURE ESSENTIAL OIL <i>Cananga odorata</i> 60204705   15 ml	

## PROPRIETARY ESSENTIAL OIL BLENDS

dōTERRA's essential oil blends are proprietary formulas for targeted wellness applications. They represent the converging wisdom of many years of essential oil experience and validation of a growing body of research and scientific study. Harnessing the inherent living energies of plants, each formula is synergistically balanced to enhance product potency and benefits and contains only CPTG Certified Pure Tested Grade™ essential oils.

 <b>dōTERRA AIR™</b> ESSENTIAL OIL BLEND 60203777   15 ml	 <b>AROMATOUCH™</b> SKIN CARE OIL 60203776   15 ml	 <b>dōTERRA BALANCE™</b> SKIN CARE OIL 60204667   15 ml	 <b>CITRUS BLISS™</b> ESSENTIAL OIL BLEND 60203812   15 ml	 <b>CLARYCALM™</b> SKIN CARE OIL 60204376   10 ml roll-on
 <b>DEEP BLUE™</b> ESSENTIAL OIL BLEND 60204652   5 ml	 <b>DEEP BLUE™</b> SKIN CARE OIL 60204691   10 ml roll-on	 <b>ELEVATION</b> ESSENTIAL OIL BLEND 60203846   15 ml	 <b>HD CLEAR™</b> SKIN CARE OIL 60204378   10 ml roll-on	 <b>INTUNE™</b> SKIN CARE OIL 60204685   10 ml roll-on
 <b>dōTERRA ON GUARD™</b> ESSENTIAL OIL BLEND 60204659   15 ml	 <b>dōTERRA ON GUARD™</b> BEADLET 60204832: English, German, Norwegian, Dutch, French, Italian 60204467: English, Slovak, Portuguese, Spanish, Slovenian, Hungarian, Romanian	 <b>PASTENSE™</b> SKIN CARE OIL 60204377   10 ml roll-on	 <b>PURIFY</b> ESSENTIAL OIL BLEND 60204700   15 ml	 <b>IMMORTELE</b> SKIN CARE OIL 37140001   10 ml roll-on
 <b>dōTERRA SERENITY™</b> ESSENTIAL OIL BLEND 60203845   15 ml	 <b>SMART &amp; SASSY™</b> ESSENTIAL OIL BLEND 60204664   15 ml	 <b>TERRASHIELD™</b> ESSENTIAL OIL BLEND 60204703   15 ml	 <b>TERRASHIELD™</b> SPRAY BOTTLE 60204885   30 ml bottle	 <b>WHISPER™</b> ESSENTIAL OIL BLEND 60204668   5 ml
 <b>ZENDOCRINE™</b> ESSENTIAL OIL BLEND 60204702   15 ml	 <b>ZENGEST™</b> ESSENTIAL OIL BLEND 60204663   15 ml			



# TOUCH BLENDS



## dōTERRA TOUCH™ KIT

Featuring nine of our most popular oils in a base of Fractionated Coconut Oil, this kit makes application simple with 10 ml roll-ons. dōTERRA Touch is ideal for children and adults with sensitive skin and they're ready to use so that you can immediately start to benefit from essential oils.

- dōTERRA Air™
- Deep Blue™
- ZenGest™
- Frankincense
- Lavender
- Melaleuca
- dōTERRA On Guard™
- Oregano
- Peppermint

60204806 | nine 10 ml roll-on bottles



## dōTERRA ESSENTIAL AROMATICS™ TOUCH

The dōTERRA Essential Aromatics Touch line contains six unique essential oil blends combined with Fractionated Coconut Oil in 10 ml roll-ons for convenient and gentle topical application. These proprietary blends provide targeted emotional health benefits for the entire family. By following the dōTERRA Essential Aromatics Usage Model, dōTERRA Essential Aromatics Touch blends can be applied to specific points on the body to help balance and brighten your changing moods.

21850001 | six 10 ml roll-on bottles



**dōTERRA AIR™**  
SKIN CARE OIL

60204936 | 10 ml roll-on



**dōTERRA CHEER™ TOUCH**  
SKIN CARE OIL

60204686 | 10 ml roll-on



**dōTERRA CONSOLE™ TOUCH**  
SKIN CARE OIL

60204693 | 10 ml roll-on



**DEEP BLUE™**  
SKIN CARE OIL

60203494 | 10 ml roll-on



**dōTERRA FORGIVE™ TOUCH**  
SKIN CARE OIL

60204688 | 10 ml roll-on



**FRANKINCENSE**  
SKIN CARE OIL

60204942 | 10 ml roll-on



**JASMINE**  
COMING AUTUMN 2018!  
SKIN CARE OIL

60203545 | 10 ml roll-on



**LAVENDER**  
SKIN CARE OIL

60204938 | 10 ml roll-on



**MELALEUCA**  
SKIN CARE OIL

60204943 | 10 ml roll-on



**dōTERRA MOTIVATE TOUCH™**  
SKIN CARE OIL

60204687 | 10 ml roll-on



**NEROLI**  
COMING AUTUMN 2018!  
SKIN CARE OIL

60203548 | 10 ml roll-on



**dōTERRA ON GUARD™**  
SKIN CARE OIL

60204939 | 10 ml roll-on



**OREGANO**  
SKIN CARE OIL

60204944 | 10 ml roll-on



**dōTERRA PASSION™ TOUCH**  
SKIN CARE OIL

60204692 | 10 ml roll-on



**dōTERRA PEACE™ TOUCH**  
SKIN CARE OIL

60204689 | 10 ml roll-on



**PEPPERMINT**  
SKIN CARE OIL

60204940 | 10 ml roll-on



**ROSE**  
COMING AUTUMN 2018!  
SKIN CARE OIL

60203542 | 10 ml roll-on



**ZENGEST™**  
SKIN CARE OIL

60204937 | 10 ml roll-on



# ESSENTIAL OIL KITS



## dōTERRA ESSENTIAL AROMATICS™ KIT

The dōTERRA Essential Aromatics System contains six unique essential oil blends that have been carefully formulated to provide targeted emotional health benefits. Each blend contains pure essential oils that can be used aromatically or topically to help you find comfort and encouragement, or inspire you to dream with passion again.

- dōTERRA Motivate
- dōTERRA Passion
- dōTERRA Console
- dōTERRA Cheer
- dōTERRA Forgive
- dōTERRA Peace

21140001 | six 5 ml bottles



**dōTERRA MOTIVATE™**  
ESSENTIAL OIL BLEND

60204682 | 5 ml



**dōTERRA PASSION™**  
ESSENTIAL OIL BLEND

60203841 | 5 ml



**dōTERRA FORGIVE™**  
ESSENTIAL OIL BLEND

60204677 | 5 ml



**dōTERRA CHEER™**  
ESSENTIAL OIL BLEND

60203812 | 5 ml



**dōTERRA CONSOLE™**  
ESSENTIAL OIL BLEND

60203840 | 5 ml



**dōTERRA PEACE™**  
ESSENTIAL OIL BLEND

60203799 | 5 ml



## dōTERRA YOGA COLLECTION

AVAILABLE AUTUMN 2018!

An exclusive trio of CPTG™ essential oil blends designed by dōTERRA for the yogi in you. dōTERRA Anchor, dōTERRA Align, and dōTERRA Arise are the perfect blends to enhance your life and yoga practice. These blends provide aromas to steady, centre, and enlighten your spirit through every breath while strengthening and stretching your body.

60203244 | three 5 ml bottles



## INTRODUCTION TO ESSENTIAL OILS KIT

TOP SELLER

Perfect for beginners, the Introduction to Essential Oils Kit is everything you need to get started experiencing immediately the life-changing benefits of dōTERRA™ essential oils. The kit includes:

- Three 5 ml bottles of essential oils  
Lavender      Lemon      Peppermint
- List of suggested uses for each oil

60204800 | three 5 ml bottles



## AROMATOUCH™ TECHNIQUE KIT

This kit contains 5 ml bottles of the eight CPTG™ oils used in the AromaTouch Technique, as well as the AromaTouch Technique presentation box. Includes dōTERRA™ Fractionated Coconut Oil (115 ml).

- dōTERRA Balance™
- Lavender
- Melaleuca
- dōTERRA On Guard™
- AromaTouch
- Deep Blue™
- Wild Orange
- Peppermint

60200332 | eight 5 ml bottles, one 115 ml bottle



## FAMILY ESSENTIALS KIT

TOP SELLER

This collection of 10 nurturing essential oils and blends provides what you need to care for your family's everyday needs with simple and safe methods featuring essential oils. The Family Essentials Kit includes:

- Ten 5 ml bottles of essential oils and blends  
Lavender      Frankincense  
Lemon      Deep Blue™  
Peppermint      dōTERRA Air™  
Melaleuca      ZenGest™  
Oregano      dōTERRA On Guard™
- List of suggested uses for each oil

60202951 | ten 5 ml bottles



# ESSENTIAL USAGE

## INTERNAL USE



### VEGGIE CAPS

Customise your essential oil supplement regime with vegetarian capsules that absorb quickly and easily.

- Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products
- Made of inert vegetable ingredients

34100001 | 160 HPMC capsules

## TOPICAL USE



### FRACTIONATED COCONUT OIL

Ideal for combining with essential oils for topical use.

- Feather-light emollient
- Completely soluble with all essential oils; odourless, colourless, and non-staining

60201660 | 115 ml



### dōTERRA™ SPA HAND & BODY LOTION

Indulge your skin in dōTERRA Spa Hand & Body Lotion—a light, non-greasy formula that contains Jojoba and Macadamia Seed Oils, Murumuru and Cupuassu Seed Butters, and nourishing plant extracts.

- Easily blend with your favourite essential oil for a customised aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin

60201653 | 200 ml

## dōTERRA Healing Hands FOUNDATION

The net purchase price of dōTERRA Hope Touch or dōTERRA Spa Rose Hand Lotion is donated to a dōTERRA Healing Hands initiative.



### dōTERRA™ SPA ROSE HAND LOTION

dōTERRA SPA Rose Hand Lotion is a light, alluring lotion with CPTG™ Rose essential oil that promotes smooth, beautiful skin. Bulgarian Rose essential oil is known for its ability to promote smooth, glowing skin.

- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

60201650 | 100 ml



### dōTERRA HOPE™ TOUCH

dōTERRA Hope Touch is a distinct essential oil blend combining the fresh scent of Bergamot with Ylang Ylang and Frankincense, then sweetened slightly with the warming aroma of Vanilla Bean Absolute.

- Apply to wrists, neck, and pulse points for a personalised fragrance
- Keep in purse and apply throughout the day to uplift mood

60204690 | 10 ml roll-on



## AROMATIC USE



### PETAL DIFFUSER

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers a variety of benefits. This convenient diffuser is stable, light, and easy to use.

- 1-, 2-, and 4-hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 33 m<sup>2</sup>

33150005	EU Plug
33150015	UK/IE Plug



### LOTUS DIFFUSER

Modern and elegant, the Lotus Diffuser quickly releases the benefits of dōTERRA™ essential oils into the air.

- 1-, 2-, and 3-hour diffuser settings
- Covers up to 33 m<sup>2</sup>
- Provides a decorative piece to any home or office

33160005	EU Plug
33160015	UK/IE Plug



### LUMO DIFFUSER COMING AUTUMN 2018!

Transform any room into a serene or uplifting environment by diffusing CPTG™ essential oils with a custom-designed, nature-inspired, ultrasonic diffuser.

- Seven lighting colour options
- Customisable output—2 or 5 hours continuous, 10 hours intermittent (4 minutes on/4 minutes off)
- Coverage of up to 50 m<sup>2</sup>

60204449	EU Plug
60204520	UK/IE Plug



### ZENBOW DIFFUSER

The Zenbow benefits from colour-changing mood lighting, which moves through a rainbow of colours while emitting a cool, scented and relaxing mist.

- Changes colour
- Runs for up to 4 hours
- Can set to one colour or turn off light completely

33110005	EU Plug
33110015	UK/IE Plug



## DEEP BLUE™ PRODUCTS

### DEEP BLUE™ TOP SELLER SKIN CARE OIL

A synergistic blend of CPTG™ essential oils, Deep Blue provides a warm, tingly sensation when applied to the skin.

- Features Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Ylang Ylang, Helichrysum, and Osmanthus essential oils
- Apply as part of a soothing massage

60204652 | 5 ml bottle

60204691 | 10 ml roll-on

### DEEP BLUE™ RUB SOOTHING LOTION

Infused with Deep Blue essential oil blend, Deep Blue Rub is a favourite of athletes.

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Cools and warms problem areas
- Blended in a base of moisturising emollients that leave your skin feeling soft, not greasy

60203494 | 120 ml

### DEEP BLUE™ RUB SAMPLES

Receive the targeted benefits of dōTERRA™ Deep Blue Rub in a convenient 10-pack carton. Enjoy sharing its soothing power at sporting events, the gym, or on-the-go.

- Ten 2 ml foil packets
- Formulated with Deep Blue essential oil blend
- Easy to share and convenient to take on-the-go

38950001 | ten 2 ml samples

### DEEP BLUE POLYPHENOL COMPLEX™

Now Deep Blue has a nutritional supplement that contains powerful polyphenols.

- Features patent-pending, formula boswellia extract
- Includes proprietary, standardised extracts of Ginger, Curcumin, Resveratrol, and other polyphenols to soothe and comfort

34360001 | 60 vegetable capsules



## dōTERRA AIR™ PRODUCTS



### dōTERRA AIR™ SKIN CARE OIL

Enhanced with the powerful benefits of Cardamom, dōTERRA Air is a remarkable blend of essential oils that provide a cooling, invigorating vapour.

- Merges Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara, and Cardamom essential oils
- Provides cooling, invigorating vapour

60203777 | 15 ml bottle



### dōTERRA AIR™ DROPS

The benefits of selected CPTG™ essential oils from the dōTERRA Air blend can be found in this convenient and great tasting lozenge.

- Proprietary blend includes: Lemon, Peppermint, Eucalyptus, Thyme, Melissa, and Cardamom
- Maintains clear airways and breathing
- Supports overall respiratory health

60204990 | 30 drops



### dōTERRA AIR™ STICK

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Air Stick. This unique delivery method of the dōTERRA Air essential oil blend can be used anytime, anywhere.

- Provides invigorating vapour
- Provides a cooling, soothing effect

34290001 | 12.5 g



# dōTERRA SERENITY™ PRODUCTS



## dōTERRA SERENITY™ SOFTGELS

dōTERRA Serenity is a unique blend of Lavender essential oil, L-Theanine and botanical extracts. L-Theanine, a natural component of tea, is a non-dietary amino acid that promotes relaxation. Combined with the calming properties of Lavender, dōTERRA Serenity is a natural alternative to other food supplements of its kind.

- Promotes relaxation without the harsh side effects of artificial sleep aids
- One softgel 30 minutes before bed may help encourage a more restful night's sleep

60204814 | 60 vegetarian softgels

MADE WITH VEGETARIAN SOFTGELS



## dōTERRA SERENITY™ SKIN CARE OIL

dōTERRA Serenity calms emotions while creating a sense of peace and well-being.

- Features Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla extract, and Hawaiian Sandalwood Creates a perfect escape with its calming, renewing fragrance
- Promotes feelings of relaxation and a restful sleeping environment

60203845 | 15 ml bottle

# HAIR CARE



## dōTERRA SALON ESSENTIALS™ ROOT TO TIP SERUM

The Root to Tip Serum provides a healthy environment for your scalp and maximises the strength and shine of your hair.

- Infused with Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus essential oils
- Provides hydration to your scalp and hair

60204811 | 30 ml

## dōTERRA SALON ESSENTIALS™ PROTECTING SHAMPOO

Enjoy the professional formulation of CPTG™ essential oils, gentle cleansers, and botanical extracts in dōTERRA Salon Essentials Shampoo.

- Features a gentle lathering and cleansing boost from Wild Orange and Lime essential oils and plant extracts
- Gently removes impurities collected on the hair and scalp
- Lightly moisturises hair, leaving it salon soft and touchable

60203783 | 250 ml

## dōTERRA SALON ESSENTIALS™ SMOOTHING CONDITIONER

Give hair a smooth, finished look and protect it with the professional formula of dōTERRA Salon Essentials Conditioner.

- Features conditioning emollients, botanical extracts, and natural proteins
- Includes a proprietary blend of CPTG essential oils for the hair and scalp
- Smoothes hair and provides an anti-static effect with nanotechnology

60203124 | 250 ml



## SHAMPOO/CONDITIONER SAMPLES

36390001 | 10 companion sets



36240005 | SHAMPOO 2-PACK

36250005 | CONDITIONER 2-PACK

36260005 | SHAMPOO AND CONDITIONER



# dōTERRA™ SPA



## REFRESHING BODY WASH

dōTERRA SPA Refreshing Body Wash is a natural, oil-infused body wash that provides a rich cleansing and aromatic spa experience.

- Bergamot essential oil purifies and soothes skin and provides an uplifting, yet grounding aroma
- Grapefruit has an energising scent that helps uplift mood
- Sodium Methyl Oleoyl Taurate is a mild cleanser derived from essential fatty acids found in vegetable fats and oils

37460001 | 250 ml

## BODY SCRUB

dōTERRA SPA Exfoliating Body Scrub is a natural, indulgent body scrub that gently exfoliates and polishes skin with sugar cane, leaving a healthy, natural glow.

- Wild Orange and Grapefruit help revitalise the skin
- Ginger essential oil has warming properties for a soothing effect on the skin

60201444 | 226 g

## DETOXIFYING MUD MASK

The dōTERRA SPA Detoxifying Mud Mask is a natural clay mask that provides purifying benefits while reducing the appearance of pores, fine lines, and wrinkles.

- Infused with Myrrh, Juniper Berry, and Grapefruit essential oils – known for their ability to promote healthy-looking, smooth skin
- Shea butter provides moisturisation and balances the skin

60201652 | 113.4 g

## HAND AND BODY LOTION

Indulge your skin in dōTERRA SPA Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and cupuassu seed butters, and nourishing plant extracts.

- Easily blend with your favourite essential oil for a customised aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

60201653 | 200 ml

## HAND AND BODY LOTION 3-PACK

60200498 | 3 pack

## CITRUS BLISS™ HAND LOTION

dōTERRA SPA Citrus Bliss Hand Lotion is a light and silky lotion infused with hydrating seed oils and nourishing botanicals. This non-greasy formula absorbs quickly yet provides optimal moisture for healthy-looking hands.

- Citrus Bliss essential oil blend's refreshing aroma helps reduce stress and uplifts mood
- Sunflower and macadamia seed oils are known for their exceptional moisturising properties and ability to retain moisture in the skin
- Convenient size, perfect for travel or for use while at home or work

60201654 | 75 ml

## REPLENISHING BODY BUTTER

Pamper your skin with the rich hydration and luxurious feel of dōTERRA SPA Replenishing Body Butter. The base of this natural formula combines shea and cocoa seed butters, known for their deep moisturisation and ability to promote skin suppleness.

- High in monoterpenes, Wild Orange possesses stimulating and purifying qualities
- Douglas Fir essential oil is purifying to the skin and promotes a positive mood
- Frankincense essential oil is rejuvenating to the skin and has a balancing effect on emotions

60201445 | 198 g



## LIP BALM

dōTERRA SPA Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils. Along with our new formula, we've added two new flavours to our original blend of Wild Orange and Peppermint. Experience the scents of paradise with Ylang Ylang, Clementine, and Lime essential oils found in our Tropical Lip Balm; or, invigorate the senses with our Herbal Lip Balm containing Lemon Verbena, Marjoram, and Spearmint essential oils.

- Each lip balm contains a select blend of essential oils that provides a unique sensory experience
- Moringa oil is an emollient that helps improve how the lips look and feel
- Avocado oil provides hydration, essential fatty acids, and softening to keep lips looking healthy

### ORIGINAL

60201441 | 4.5 g

### TROPICAL

60201440 | 4.5g

### HERBAL

60201439 | 4.5g

### LIP BALM VARIETY 3-PACK

37570001 | one of each flavour



## MOISTURISING BATH BAR

dōTERRA SPA Moisturising Bath Bar is a one-of-a-kind bar that provides a unique feel, lather, aroma, and cleansing experience.

- Bergamot essential oil purifies and soothes skin
- Grapefruit has an energising scent that uplifts mood
- Jojoba seed oil deeply moisturises

60201442 | 113 g

### MOISTURISING BATH BAR 3-PACK

37560001 | 3 pack

# PERSONAL CARE



## NATURAL DEODORANT

dōTERRA Natural Deodorant is a safe, natural option for preventing odour throughout the day.

- Cypress, Melaleuca, Cedarwood, and Bergamot essential oils provide purifying benefits, helping to reduce underarm odour
- Beeswax provides a protective barrier while allowing skin to breathe, and contributes to the product's smooth application
- Coconut oil contains fatty-acids, known for their nourishing properties and ability to keep skin looking smooth and healthy

37420001 | 50 g



## CORRECT-X™ ESSENTIAL OINTMENT

Correct-X is a topical ointment using CPTG™ essential oils that assist with various skin conditions.

- Safe and easy to use
- Utilises CPTG essential oils of Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender

60110001 | 15 ml



# SKIN CARE



## FACIAL CLEANSER

NEW FORMULA COMING AUTUMN 2018!

dōTERRA Facial Cleanser contains CPTG™ essential oils of Melaleuca and Peppermint, known for their ability to purify and tone skin and support a healthy complexion. Natural cleansers of Yucca Root Extract and Soapbark Extract gently wash away impurities leaving skin looking clean, fresh, and smooth.

60203345 | 118 ml



## INVIGORATING SCRUB

NEW FORMULA COMING AUTUMN 2018!

Experience fresh, renewed skin with dōTERRA Invigorating Scrub. Grapefruit and Peppermint CPTG™ essential oils make exfoliating a refreshing, aromatic experience while jojoba esters polish your skin. Botanicals of Mandarin Orange extract, Jasmine extract, and Greater Burdock extract tone, smooth, and hydrate skin.

60203344 | 70 g



## TIGHTENING SERUM

NEW FORMULA COMING AUTUMN 2018!

Featuring CPTG™ essential oils of Frankincense, Hawaiian Sandalwood, and Myrrh, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Natural extracts and gums combine with powerful ingredients for firmer, younger-looking skin.

60203367 | 30 ml



## BRIGHTENING GEL

COMING AUTUMN 2018!

CPTG™ essential oils of FCF Bergamot, Juniper Berry, and Melissa combine with natural extracts, vitamins, and cutting-edge ingredient technologies to brighten and even skin tone. dōTERRA Brightening Gel is a gentle and effective way to noticeably brighten the skin by reducing the appearance of dark spots and hyperpigmentation without the harsh chemicals used in other brightening products. Can be used as an all-over facial product or to target dark spots.

60203366 | 30 ml



## ANTI-AGING MOISTURISER

NEW FORMULA COMING AUTUMN 2018!

dōTERRA Anti-Aging Moisturiser combines cutting-edge ingredients with the CPTG™ essential oils of Lavender, Jasmine, Geranium, and Frankincense to moisturise and soften skin while providing anti-aging benefits. Peptides and botanicals target the visible signs of aging by improving skin tone and moisturising the skin, helping to keep skin looking young and vibrant and helping reduce future visible signs of normal aging.

60203365 | 50 ml



## PORE REDUCING TONER

NEW FORMULA COMING AUTUMN 2018!

Formulated to visibly reduce the appearance of pores, dōTERRA Pore Reducing Toner contains CPTG Certified Pure Tested Grade™ essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin while innovative fruit and plant extracts tone and balance the skin, increase hydration, and visibly reduce the appearance of pores to support a healthy-looking complexion.

60203346 | 118 ml





## HYDRATING CREAM

NEW FORMULA COMING AUTUMN 2018!

The intensive moisture your skin has been waiting for. dōTERRA Hydrating Cream is packed with emollient-rich ingredients and probiotics to provide intense hydration and nourishment to the skin, helping reduce the appearance of fine lines and wrinkles and aiding with skin barrier renewal for suppler, younger-looking skin. Its rich formula provides an immediate burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to rejuvenate the look of mature skin, as well as to help reduce the visible signs of aging due to both natural and environmental causes. Probiotics nourish skin's natural biome, helping restore skin's natural health and beauty. Perfect for day or night use.

60203368 | 48 g



## ANTI-AGING EYE CREAM

COMING AUTUMN 2018!

dōTERRA Anti-Aging Eye Cream combines clinically proven ingredients with CPTG™ essential oils of Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping to reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturises, decreases the appearance of dark circles, and improves skin firmness and tone. Bakuchiol is a plant-based ingredient that helps reduce the appearance of fine lines and wrinkles and protect skin from the future signs of aging. The unique steel rollerball applicator cools and soothes under-eye skin helping reduce the appearance of puffiness and dark circles while gently applying cream to targeted areas.

60203378 | 15 ml



## IMMORTELE SKIN CARE OIL

A proprietary blend of rare essential oils, used throughout history for their beautifying benefits. Immortelle Skin Care Oil is formulated to protect and nourish skin. This essential oil blend of Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum, and Rose helps sustain smoother, more radiant, and youthful-looking skin.

- Reduces the appearance of fine lines and wrinkles
- Helps reduce the appearance of aging skin

37140001 | 10 ml roll-on



## HD CLEAR™ TOPICAL BLEND

Used as a spot treatment or an over-all application, HD Clear Topical Blend promotes a clean and healthy complexion with essential oils renowned for their skin-benefiting properties.

- Features a unique blend of black cumin seed oil as well as CPTG™ essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- Promotes clear-looking skin by targeting the site of blemishes

60204378 | 10 ml roll-on

## HD CLEAR™ FOAMING FACE WASH

Discover the perfect solution for problem skin of all ages with the dōTERRA™ HD Clear Foaming Face Wash.

- Designed to thoroughly cleanse without stripping away natural moisture
- Contains CPTG essential oils and plant extracts that will leave your skin extra clean and soft

60204824 | 50 ml

## HD CLEAR™ KIT

This kit contains HD Clear Foaming Face Wash, Topical Blend, and Facial Lotion for a beautifully balanced complexion.

42700005 | three items

## HD CLEAR™ FACIAL LOTION

Enjoy a beautiful, smooth complexion with HD Clear Facial Lotion. This lotion contains natural emollients to promote healthy levels of moisture in the skin for a balanced complexion as well as CPTG essential oils combined with botanical extracts known to assist in achieving blemish-free skin.

- Features a unique blend of black cumin seed oil as well as CPTG essential oils of Ho Wood, Melaleuca, Eucalyptus, Geranium, and Litsea
- Natural ingredients help target blemishes for clear and clean skin

60204825 | 50 ml



# DAILY VITALITY

LOYALTY  
REWARDS  
PROGRAM

dōTERRA LIFELONG VITALITY PACK™ DIETARY SUPPLEMENTS INCLUDING ALPHA CRS™+, MICROPLEX VMz™, AND xEO MEGA™

60204802



## ALPHA CRS™ + CELLULAR VITALITY COMPLEX

Alpha CRS™+ Cellular Vitality Complex contains a proprietary blend of polyphenols including baicalin from scutellaria root, resveratrol from Polygonum cuspidatum, ellagic acid from pomegranate, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle. This natural blend promotes overall well-being.

- Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk, wheat, or animal products
- Formulated to be used daily with xEO Mega™ or vEO Mega™ and Microplex VMz

60204829 | 120 vegetable capsules

MADE WITH SLS-FREE  
VEGETABLE CAPSULES



## xEO MEGA™ ESSENTIAL OIL OMEGA COMPLEX

xEO Mega is a formula that blends CPTG™ essential oils with natural marine and plant-sourced essential fatty acids.

- Features Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Delivers EPA and DHA essential fatty acids from pomegranate seed oils and marine lipids

60204828 | 120 vegetarian softgels

MADE WITH  
VEGETARIAN SOFTGELS



## MICROPLEX VMz™ FOOD NUTRIENT COMPLEX

dōTERRA Microplex VMz is a food nutrient formula of bioavailable vitamins and minerals often deficient in modern diets.

- Includes a balanced blend of vitamins A,C, and E, and a B-vitamin complex
- Contains food-derived minerals and organic trace minerals
- Optimises nutrient absorption with a whole-food blend and an enzyme delivery system
- Features the dōTERRA tummy-tamer blend of Peppermint, Ginger, and Caraway Seed

60204830 | 120 vegetable capsules

MADE WITH SLS-FREE  
VEGETABLE CAPSULES





### vEO MEGA™ ESSENTIAL OIL OMEGA COMPLEX

vEO Mega is a revolutionary, 100 percent vegetarian-friendly formula blending CPTG Certified Pure Tested Grade essential oils with natural plant-sourced essential fatty acids.

- Features Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils
- Includes essential fatty acids from flax, algae, incha inchi seed, borage, cranberry, pomegranate, pumpkin, and grape seed oils

**34480001** | 120 vegetarian softgels



LOYALTY  
REWARDS  
PROGRAM

### dōTERRA LIFELONG VITALITY VEGAN PACK™ DIETARY SUPPLEMENTS INCLUDING ALPHA CRS™+, MICROPLEX VMZ™, AND vEO MEGA™

**34250001**

## PERSONALISED WELLNESS PROGRAM

LOYALTY  
REWARDS  
PROGRAM

### Customise and Save

With the purchase of one dōTERRA Lifelong Vitality Pack™ or one dōTERRA Daily Nutrient Pack™ via the Loyalty Rewards Program, choose up to 2 additional targeted supplements at a significant savings.

BUY 1 dōTERRA LIFELONG VITALITY PACK  
OR dōTERRA DAILY NUTRIENT PACK



OR



OR



AND CHOOSE UP TO 2 OF ANY COMBINATION OF THE ITEMS  
LISTED BELOW AT REDUCED PRICES

Mito2Max™



Deep Blue  
Polyphenol  
Complex™





# WOMEN'S HEALTH

LOYALTY  
REWARDS  
PROGRAM

## WOMEN'S HEALTH KIT

Includes Phytoestrogen Lifetime Complex, Bone Nutrient Lifetime Complex, and ClaryCalm™ Essential Oil Blend.

35250005



### PHYTOESTROGEN ESSENTIAL COMPLEX

dōTERRA Women Phytoestrogen Essential Complex's blend of natural plant extracts help with the natural hormone fluctuations that occur throughout different phases of a woman's life.

- Includes a standardised soy extract with genistein, a powerful phytoestrogen
- Supports healthy bones, heart, breast tissue, and other body structures

35260001 | 60 vegetable capsules



MADE WITH SLS-FREE  
VEGETABLE CAPSULES

### BONE NUTRIENT ESSENTIAL COMPLEX

dōTERRA Women Bone Nutrient Essential Complex is a blend of vitamins and minerals important for bone health.

- Perfect for men and women of all ages
- Includes bioavailable forms of vitamins C and D, calcium, magnesium, and other trace minerals

35240001 | 120 vegetable capsules



MADE WITH SLS-FREE  
VEGETABLE CAPSULES

### CLARYCALM™ ESSENTIAL OIL BLEND

dōTERRA ClaryCalm is a proprietary blend of essential oils that provides a soothing and calming effect. ClaryCalm utilises FCF (furanocoumarin-free) Bergamot essential oil to prevent sun sensitivity.

- Features a blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Palmarosa, and Vitex essential oils
- Apply to skin for a cooling, soothing effect
- Calming aroma

60204376 | 10 ml roll-on

# CHILDREN'S HEALTH

## dōTERRA A2Z CHEWABLE™

Designed for children and adults who have difficulty swallowing capsules, dōTERRA a2z Chewable tablets provide the nutrients your body needs.\*

- Combines a blend of B vitamins with vitamins A, C, and E
- Features botanical extracts and is formulated to be used with IQ Mega
- New watermelon flavour

34500001 | 60 tablets

## IQ MEGA™

IQ Mega takes the fishy taste out of fish oil and adds the fresh orange flavour of Wild Orange CPTG™ essential oil.

- Provides over 1,500 mg of Omega-3s per serving
- Formulated to be used with dōTERRA a2z Chewable tablets

60204820 | 150 ml





# DIGESTIVE HEALTH



## ZENGEST™ ESSENTIAL OIL BLEND

The well-recognised essential oils in ZenGest are known for their soothing properties.

- Features a proprietary blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, and Anise essential oils
- Eases feelings of stomach upset

**60204663** | 15 ml bottle

## ZENGEST™ SOFTGELS

dōTERRA™ ZenGest Softgels are a convenient and easy way to obtain the benefits of the proprietary ZenGest essential oil blend. Each vegetarian softgel contains 120 mg of ZenGest.

**60204815** | 60 vegetarian softgels



## ZENDOCRINE™ ESSENTIAL OIL BLEND

Support your body's natural detoxification systems with Zendocrin Essential Oil Blend. Use Zendocrin as a way to jump-start a lifestyle change or simply add to an existing healthy-living regime.

- Features a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils
- Provides a cleansing aroma to the senses to promote a clear, fresh feeling
- Can be used individually or in combination with Zendocrin Softgels

**60204702** | 15 ml bottle

## ZENDOCRINE™ SOFTGELS

dōTERRA™ Zendocrin Softgels are a convenient and easy way to obtain the benefits of the proprietary Zendocrin essential oil blend.

**60204817** | 60 vegetarian softgels



## DIGESTTAB™ CHEWABLE TABLETS

DigestTab™ Chewable Tablets are calcium carbonate tablets that are infused with ZenGest Digestive Blend to deliver the benefits of ZenGest essential oil blend as well as the acid-neutralising benefits of calcium carbonate.

- Use with or between meals as needed for relief from occasional stomach upset
- Helps relieve occasional sour stomach
- Provides 200 mg of calcium per tablet

**60204821** | 100 chewable tablets



## ZENGEST™ PB ASSIST™+ FOOD SUPPLEMENT

This proprietary formula of prebiotic fibre and six strains of probiotic organisms is safe for the entire family.

- Delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligo-saccharides) that encourage culture adhesion and growth
- Time-release double capsule delivery protects sensitive probiotic cultures from stomach acid

**60204827** | 30 vegetable capsules



## ZENGEST™ GX ASSIST™ FOOD SUPPLEMENT

Cleanse your GI tract before starting with PB Assist with this combination of CPTG™ essential oils.

- Features Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme essential oils as well as caprylic acid\*
- Formulated to be used for 10 days as a preparatory cleansing step before using PB Assist Probiotic Defense Formula\*

**60204816** | 60 softgels





# SPECIALISED SUPPLEMENTS



## DDR PRIME™

DDR Prime combines the benefits of Clove, Thyme, and Wild Orange essential oils known for their antioxidant benefits and was created to support the body and cells from oxidative stress.

- Contains Clove, Thyme, and Wild Orange essential oils
- May reduce oxidation in the body and promote overall cellular health\*

### DDR PRIME ESSENTIAL OIL CELLULAR COMPLEX

41510001 | 30 ml bottle

### DDR PRIME SOFTGELS™

60204822 | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS



## TRIEASE™ SOFTGELS

Used by both veteran and novice essential oil users, TriEase Softgels were developed for a healthier you in mind. Each softgel contains equal parts Lemon, Lavender, and Peppermint essential oils. Now with specially-formulated TriEase Softgels, all three beneficial essential oils can be consumed quickly and easily when travelling or attending outdoor events. TriEase Softgels are safe to consume on a daily basis.

- Key ingredients include Lemon Peel, Lavender Flower, and Peppermint Plant
- Convenient, easy-to-consume supplement for daily health

60204993 | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS



## MITO2MAX™ ENERGY & STAMINA COMPLEX

Mito2Max is a proprietary formula of standardised plant extracts and metabolic cofactors made to support your busy lifestyle. Use as a long-term alternative to caffeinated drinks and supplements.

- Contains Oligonol lychee fruit extract, quercetin, and other standardised plant extracts to support an active lifestyle
- Promotes a positive mood
- Free of stimulants; not habit forming

34350001 | 60 vegetable capsules



MADE WITH SLS-FREE VEGETABLE CAPSULES

# SMART & SASSY™



## SMART & SASSY™ TOP SELLER ESSENTIAL OIL BLEND

Smart & Sassy is a proprietary blend of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon. Makes a flavourful addition to any beverage and is a great alternative to artificial sweeteners and sugary drinks. Support your weight-maintenance goals with Smart & Sassy essential oil blend.

- Diuretic-, stimulant-, and calorie-free
- Supports a healthy lifestyle
- Promotes a positive mood

60204664 | 15 ml bottle



## SMART & SASSY™ SOFTGELS

Smart & Sassy Softgels contain the proprietary Smart & Sassy essential oil blend in convenient softgels to promote weight management. The flavourful blend of Smart & Sassy contains essential oils to support a healthy lifestyle and promote a positive mood.

60204819 | 60 vegetarian softgels



MADE WITH VEGETARIAN SOFTGELS



# dōTERRA ON GUARD™ PRODUCTS



## dōTERRA ON GUARD™ DROPS

Enjoy the convenience of these great-tasting throat drops.

- Helps calm and soothe occasional dry, scratchy throats
- Features dōTERRA On Guard Essential Oil Blend
- Formulated with natural organic cane sugar and brown rice syrup

60202675 | 30 drops

## dōTERRA ON GUARD™ TOOTHPASTE

Clean teeth with the added benefit of dōTERRA On Guard Essential Oil Blend.

- Fluoride-free formulation
- Unique cinnamon-mint flavour mixed with xylitol for fresh and clean breath and toothbrush

60204823 | 125 g

## dōTERRA ON GUARD™ TOOTHPASTE SAMPLES

39000001 | 10 samples, 2 g each

## dōTERRA ON GUARD™+ SOFTGELS

dōTERRA On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard essential oil with Black Pepper, Oregano, and Melissa essential oils.

60204826 | 60 vegetarian softgels

## dōTERRA ON GUARD™ TOP SELLER ESSENTIAL OIL BLEND

With its unique aroma, dōTERRA On Guard offers a fragrant, natural, and effective alternative to synthetic options.

60204659 | 15 ml bottle

## dōTERRA ON GUARD™ CLEANER CONCENTRATE

The ideal cleaner, dōTERRA On Guard Cleaner Concentrate is fortified with dōTERRA On Guard Essential Oil Blend.

- Features a biodegradable formula perfect for the entire family
- Combines plant-based derivatives with dōTERRA On Guard Essential Oil Blend

38140001 | 354 ml

## dōTERRA ON GUARD™ BEADLETS

dōTERRA On Guard Beadlets are an easy, flavourful way to support your immune system's naturally occurring defenses. Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary come together in tiny vegetable beadlets that dissolve in the mouth.

- Provides a convenient way to obtain the unique benefits of dōTERRA On Guard Essential Oil Blend
- Freshens breath

60204832 | English, German, Norwegian, Dutch, French, Italian

60204467 | English, Slovak, Portuguese, Spanish, Slovenian, Hungarian, Romanian

## dōTERRA ON GUARD™ LAUNDRY DETERGENT

dōTERRA On Guard Laundry Detergent is a naturally based, highly concentrated 6X laundry detergent that utilises the power of dōTERRA On Guard Essential Oil Blend and bio-originated enzymes for amazingly clean clothes.

- Contains 10 ml of dōTERRA On Guard Essential Oil
- Safe for the environment and the whole family
- 64 loads in each bottle

39020001 | 947 ml

## dōTERRA ON GUARD™ FOAMING HAND WASH

Keep your hands clean with the power of dōTERRA On Guard essential oil blend.

- Conveniently packaged in a 473 ml bottle that fills 237 ml foaming dispensers
- Formulated with the unique dōTERRA On Guard Essential Oil Blend

## dōTERRA ON GUARD™ FOAMING HAND WASH WITH 2 DISPENSERS

38070005 | 473 ml hand wash, 2 dispensers

## SINGLE REFILL

38010001 | 473 ml hand wash

## TWIN PACK REFILL

38020005 | two 473 ml hand wash



dōTERRA®

Altius House, 1 North Fourth Street,  
Milton Keynes, MK9 1DG, UK

# dōTERRA™ LUMO

*Aroma Diffuser*



Fill the air  
with things  
you **love**



**dōTERRA LUMO**  
*Aroma Diffuser*

60204449	EU Plug
60204520	UK/IE Plug



v1 60205534